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May 2015

Prevention

SPECIAL REPORT

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*The regimen fights germs, fortifies enamel and improves gum health. Results improve with continued use.

†vs. an antibacterial control regimen after 2 weeks regular use.

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CALLIE LIPKIN

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On our cover: Photograph by Chris Fanning; wardrobe styling by Shannon Campbell; hair and makeup styling by Michele Lee

EMILY KATE ROEMER

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"I'LL NEVER LOOK BACK, I WILL JUST LOOK YOUNGER."
Now with more vitamins than the leading prestige moisturizer.
New Olay Total Effects 7-in-One, from the world's #1.
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WORLD'S #1 FEMALE FACIAL SKINCARE BRAND*
Olay
TOTAL EFFECTS
7 IN ONE
ANTI-AGING MOISTURIZER
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*Based on mass-market facial moisturizer and cleanser dollar sales for the past 12 months.

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Watch your figure.

49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber



Watch your backside.

13 FLAVORED TORTILLA CHIPS

- 160 calories
- 2 grams protein
- 1 gram fiber

Let's do some snackin' math. For the same calories, you get a lot more pistachios than flavored tortilla chips. Plus, pistachios are a good source of protein and fiber, and heart-friendly. And, a recent Harvard study suggests eating nuts seven times a week or more is as healthy as it is smart. So next time you grab a snack, use your brains. Your backside will thank you for it.



Get Crackin'

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2015 Paramount Farms International LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Paramount Farms International LLC. WP12341

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SPECIAL REPORT

The Youth Hormone...



Everyone's talking about it. But can it really reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give you plenty of energy, get rid of wrinkles and tighten saggy skin?

Barbara just had another birthday.

She watches her diet, exercises when she can, and is in pretty good shape. In fact, she could be the poster child for the "Fountain of Youth" headline we see on the covers of fashion mags around the globe. What's her secret? It's not just the occasional Botox, peel or filler, or even her assortment of skin creams that could rival the anti-aging section of your local Sephora. Barbara, who was always "cutting edge," has become a believer in what is fast becoming the most popular (if not the most expensive) anti-aging treatment in the USA… Growth Hormone Therapy. – By Tiffany Strobel*

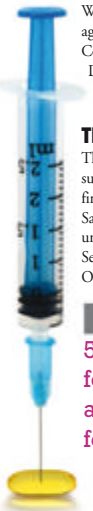
It seems everyone is talking about human growth hormone lately. No less than the famed Dr. Oz began a recent show by asking his audience, "How many of you want to start feeling 20 years younger right now?" *Allure* magazine, in its "Anti-aging Special" issue, highlighted growth hormone as its year-end call-out. *Shape* magazine began a recent growth hormone article with the provocative lead in: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." *Fox News, The Today Show, CNN, ABC,* and *CBS* have all contributed to the current frenzy.

VANITY FAIR says: **"A 20-year-old produces more than twice as much hGH as [she] will when [she's] 40... hGH, by turning back the body clock, turns back the aging process."**

DR. OZ says: "I have been searching for this from the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections."

Why all the fuss?

Simple. hGH disciples… and to many like Barbara, hGH therapy is truly a religious experience... believe hGH can help reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give them plenty of energy, get rid of wrinkles and tighten saggy skin… making them look and feel decades – not years, but decades – younger. Celebrities, CEOs, Wall Street execs, models, housewives, athletes and even some high-ranking politicians all seem to be drinking from the same pitcher of Kool-Aid. There's no doubt about it; in our current fast-paced, "youth-oriented" culture, hGH therapy is hot.



The controversy

The controversy isn't over whether or not hGH plays an essential role in our health and aging (virtually everyone already agrees on that). Instead, the controversy lies in the best way to maintain our body's supply of human growth hormone. Until recently, most felt the best way was through expensive prescription injections (although costs can run as high as $1500 per month). However, some experts argue against the use of these synthetic injections, because they fear introducing synthetic hGH into the body may upset natural hGH production.

The breakthrough

Because of growth hormone's potential, researchers have spent the last thirty years searching for a reliable, clinically proven way to promote pituitary health, thereby increasing human growth hormone levels naturally. So it's no surprise that when an oral compound capable of increasing mean, endogenous, bioactive, serum (blood) growth hormone levels... by 682%... was presented at the prestigious Obesity Society's most recent Scientific Meeting in Atlanta, Georgia, The Academy of Women's Health's 21st Annual Congress in Washington, D.C., and then again at The 9th World Congress of Cosmetic Dermatology held in Athens, Greece, it created a serious stir.

The revolution

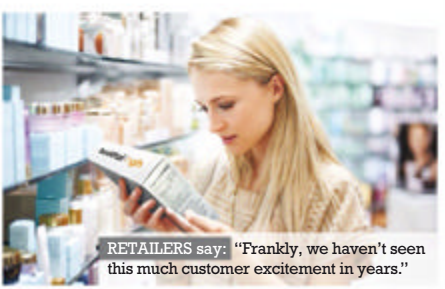
The formula that was the subject of these research findings is now being sold by SanMedica International™ under the trade name SeroVital.® And when Dr. Oz disclosed that "a recent study [on SeroVital-hgh] showed patients given a special blend of amino acids saw their hGH levels spike more than 6 times..." and added, "I have been searching for this from the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections," you can imagine the frenzy he created. Before long, SanMedica was having trouble keeping SeroVital in stock. It went from underground sensation to full-blown phenomenon. Even the United States Patent Office has added to the SeroVital mystique by issuing not one but ***ten*** U.S. Patents to protect the SeroVital formula from imitators.[‡]

Thanks to the release of SeroVital, the hGH revolution has finally arrived. Now that there's an easy-to-swallow capsule that can raise growth hormone naturally, an awful lot of people have stopped asking *if* they should be increasing their hGH levels and started asking which hGH-boosting option is right for them.

Is it worth it?

To me, anything that may reduce wrinkles, tighten saggy skin, decrease body fat, increase lean muscle mass, strengthen bones, and boost mood, while giving you plenty of energy and improving sex drive, is a no-brainer. However, make no mistake about it, the "established" medical community (and of course, they know everything) would say its benefits are largely anecdotal, and based on research that's preliminary. But there's no denying that something that has a chance of making you look and feel decades, not years, but DECADES, younger, is... at the very least... irresistible. Frankly, I'm ready to try it... How about you?

SHAPE says: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow."



RETAILERS say: "Frankly, we haven't seen this much customer excitement in years."

So what's the catch?

Dr. Amy Heaton, PhD, Director of Scientific Affairs for SanMedica International, says: "There are three. First, as with hGH injections, SeroVital is not a 'magic bullet,' but one part of a healthy lifestyle choice including a sensible diet and exercise regimen.

"Second, for proper absorption, you have to take SeroVital-hgh on an empty stomach. That means you either have to take it first thing in the morning and then not eat anything for two hours, or take it at night, at least two hours after your last meal... before you go to bed.

"And last but not least, while SeroVital is far less expensive than prescription hGH injections, it's still not cheap... SeroVital will cost you about $100 a month."

Where can I get it?

Having a hard time finding SeroVital-hgh? It's currently available at all Ulta stores, Kohl's, and select GNC locations. Over the next few months it will be available on a limited basis at prestige retailers across the U.S.

Featured Product!



Can't wait? You can order it directly from SanMedica International by calling 1-800-631-9469 or visit their website at www.SeroVital.com. Use the promo code HGH306 at checkout and shipping is free![†]

[‡]SeroVital is protected by U.S. Patent Numbers 8,551,542; 8,715,752; 8,722,114; 8,734,864; 8,747,921; 8,765,195; 8,747,922; 8,808,763; 8,808,764 and 8,815,311. *Tiffany Strobel is an author, columnist, and beauty editor for MyFreeDiet.com. [†]Free standard shipping in the continental U.S.A. only. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. All trademarks are the property of their respective owners. ©2015 All Rights Reserved. BR15121-11

[4] FUN, SMART THINGS WE ALL LEARNED THIS MONTH—AND HOW TO ACT ON THEM RIGHT NOW



BRUCE KELLEY
EDITOR-IN-CHIEF



Write Us a Note and You Could End Up in These Pages

More than anything, turns out, *Prevention* is you, our readers. You create a feedback loop that alters lives, a fact we just relearned from Martha Seddon, a working wife and mother in Lakeland, FL. When we got her e-mail about how last year's Transformation Challenge changed her life and body, we totally teared up. Then we made her the star of this year's Challenge so she could inspire you, too. **TRY THIS NOW:** Go to p. 86 and sign up. You'll have joined the loop.



8.5

Heart-attack risk rises by that many times in the 2 hours following an angry outburst, says a new study. **TRY THIS NOW:** Ask if a situation—say, getting cut off in traffic—is worth a trip to the ER. Unlikely, am I right? So breathe. That's what helps untighten blood vessels and lower heart rate.

FROM TOP: MITCH MANDEL. CALLIE LIPKIN. ZORAN MILICH/GETTY IMAGES

We have a winner!

In a clinical study, people prefer Nasacort® over Flonase.®*



Nasacort is the #1 pharmacist recommended OTC nasal allergy spray.**
It relieves your worst nasal allergy symptoms, even congestion, for 24 hours.
Experience the difference for yourself.

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Scent-Free	✔	
Alcohol-Free	✔	



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*Data on file **Among branded nasal allergy sprays. Source: Pharm/alert® Research, November, 2014.

Why a Bouquet on the Table Is a Happy Pill

Now that I've survived that snowy mess of a winter, I can't wait to see tulips. Science confirms it: Looking at flower arrangements can decrease depression. But little did I know till I cracked open our brand-new sibling mag, ***Rodale's Organic Life***, that a new generation of farmer-florists is producing organic blooms, healthier for you and the planet. **TRY THIS NOW:** Pick up *ROL* and turn to p. 76 to find sustainable bouquets to brighten your mood and home. By the way, is this spread beautiful or what?



THE GROCERY-MEETS-GARDEN BOUQUET
Match certified sustainable supermarket flowers (see "Whole Foods Flowers," page 80) with your own cuttings to mix the seasons. Here, summertime yarrow and throat flower bring contrasting texture and scale to spring tulips from Whole Foods. Loose and informal in a pitcher whose blue hue complements the orange tulips, this is a friendly bouquet for an entry hall.



Farmer-florists are reshaping floral aesthetics and breaking the rules of cut-flower arranging

Eco Bateaskan stands in her dahlia field today at Bracken Floral Farms. In summer, 4,000 flowers bloom on this quarter-acre plot. It's intensive farming achieved through careful tending of the organic soil.

CAFFEINE WATER, WHERE HAVE YOU BEEN?

I have a four-state commute—don't ask—so I spend lots of bleary time in roadside marts, sick of Monster and wishing for a product that mixes the two most reviving consumables on earth: water and caffeine. What folly that seemed until I met Avitae CEO Norman Snyder and heard he's "taking over the caffeinated world!" **TRY THIS NOW:** Look for Avitae in markets. Competitors exist, but I like Snyder's style: He's worked for the NFL and a beer company—and clearly knows a thing or two about what makes people like me feel good.



CLOCKWISE FROM TOP LEFT: ADDIE J.UELL. MICHÈLE M. WAITE. COURTESY OF AVITAE

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#1 Dermatologist Recommended Skincare

*Greater improvement on fine lines.

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Kick It Off

Profound change doesn't happen with a bang. A series of small decisions gets you there: Go outside, sniff the fresh air, slip off your shoes, stretch. Relax and feel the warm sun on your back. Meet up with friends, like reader Martha Seddon (in orange and blue, below left) does, and create a community of support. Let change happen together. Spring days are ripe with possibility—what better time to join in?



CALLIE LIPKIN

OPEN WIDE

Your Mouth, not your pocketbook.

Ever find yourself in lunchmeat limbo thinking, "do I get the meat with ingredients I can't even pronounce, or the super expensive, fancy 'hey, look at me' stuff." It's either **affordable** or natural. Guess what: you can have both. Have more, not less! Stack it high to the sky! Now that you know, it's easy to

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Health

Stronger Heart • Better Recall • Sounder Sleep



THOMAS_EYEDESIGN/GETTY IMAGES

Get Hot for a Longer Life

Steam-room devotees have been onto something all along: More time in the sauna could lower your risk of a premature death. When researchers looked at the habits of 2,315 middle-aged men, they found that those who logged four to seven weekly sessions were 50% less likely to develop fatal cardiovascular diseases and 40% less likely to die young. The longer the sessions (up to 35 minutes), the greater the benefit. Women are likely to see similar results—which, by the way, have nothing to do with sweating out toxins. Sauna time raises your heart rate to levels on par with moderate-intensity exercise, the researchers say. Exercise benefits while sitting still? We're sold.

Source: JAMA Internal Medicine



20% That's how much four daily cups of coffee could lower your risk of deadly melanoma, according to new research published in the *Journal of the National Cancer Institute*. Credit caffeine and polyphenols, which may help suppress UV-induced tumor growth. (Decaf didn't offer the same benefits.)

Remember When You Got Your **First Period?**

Of course you do (the excitement…the vague horror…). And that's a good thing, because your doctor may soon be asking when exactly you went through that rite of passage. Recent research has linked the age of first menstruation to a wide range of health risks, in part because early menarche is often associated with being overweight and the many health issues that can arise with extra pounds. Check out the age of your first period on the chart below to learn what you might be up against—while keeping in mind that a healthy lifestyle can trump any increased risks.

HIGHEST RISK OF...

AGE AT FIRST PERIOD	Heart Disease	Diabetes	Preeclampsia	Thyroid Cancer	Brain Tumor	Low Bone Density	Allergies
<10 Years	◉						◉
<12 Years		◉	◉	◉			
>17 Years	◉				◉	◉	

HOCUS FOCUS STUDIO/GETTY IMAGES

I have this need to nap, but when I take one, it only buys me a couple of hours. I can't control when I fall asleep. I'm missing things at work, and it's tough to concentrate throughout the day. *What's going on?*

WHY AM I TIRED ALL THE TIME?



If you experience any of these symptoms:

- Feeling tired all the time (excessive daytime sleepiness)
- Weakening of muscles when you feel emotions like laughter (cataplexy)
- Poor quality sleep (sleep disruption)
- Vivid dreams or feeling unable to move or speak when falling asleep or waking up (hypnagogic hallucination and sleep paralysis)

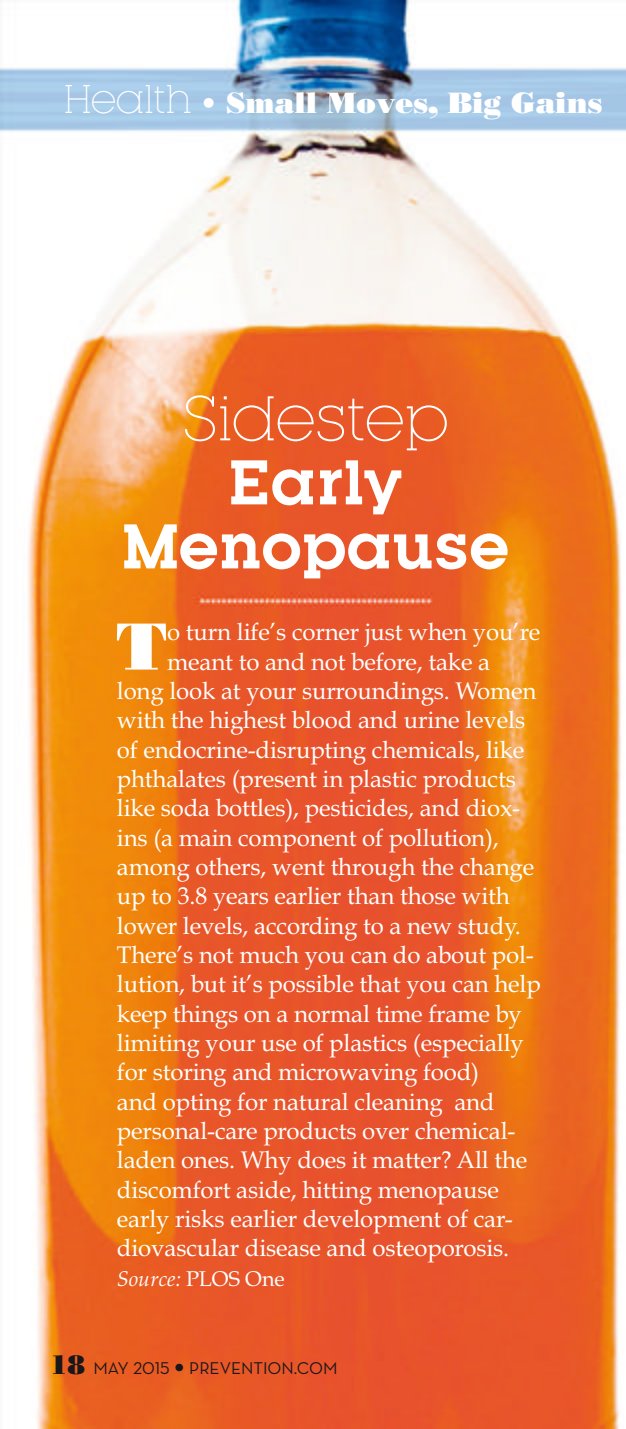
It could be narcolepsy.

FOR MORE INFORMATION:
morethantired.com/PREV | 855.337.8400 | Talk to a sleep specialist

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Narcolepsy|Link®



Sidestep Early Menopause

To turn life's corner just when you're meant to and not before, take a long look at your surroundings. Women with the highest blood and urine levels of endocrine-disrupting chemicals, like phthalates (present in plastic products like soda bottles), pesticides, and dioxins (a main component of pollution), among others, went through the change up to 3.8 years earlier than those with lower levels, according to a new study. There's not much you can do about pollution, but it's possible that you can help keep things on a normal time frame by limiting your use of plastics (especially for storing and microwaving food) and opting for natural cleaning and personal-care products over chemical-laden ones. Why does it matter? All the discomfort aside, hitting menopause early risks earlier development of cardiovascular disease and osteoporosis.

Source: PLOS One

Boost Your Memory by 23%

The secret's in the backs of your eyelids. When researchers asked people detailed questions about a short film they'd just seen, those who were instructed to shut their eyes during the Q&A correctly answered 23% more queries than those told to keep their lids open. "Closing your eyes lowers your brain's cognitive load by blocking out distractions, which helps you focus on the task of remembering," says lead study author and Aston University psychology lecturer Robert Nash.



FROM LEFT: TRAVIS MANLEY/GETTY IMAGES. HERO IMAGES/GETTY IMAGES



GRANDMA, WHAT A BIG WHOOPING COUGH YOU HAVE.

Understand the danger your grandchild faces from whooping cough. It's a highly contagious disease that can be especially serious—even fatal—for infants. Unfortunately, many people who spread it may not know they have it.

If you have a new grandchild or one on the way, talk to your doctor or pharmacist about ways you can help protect yourself and your family from whooping cough, including getting vaccinated.

The Centers for Disease Control and Prevention (CDC) recommends everyone, including those around babies, make sure their whooping cough vaccination is up to date.

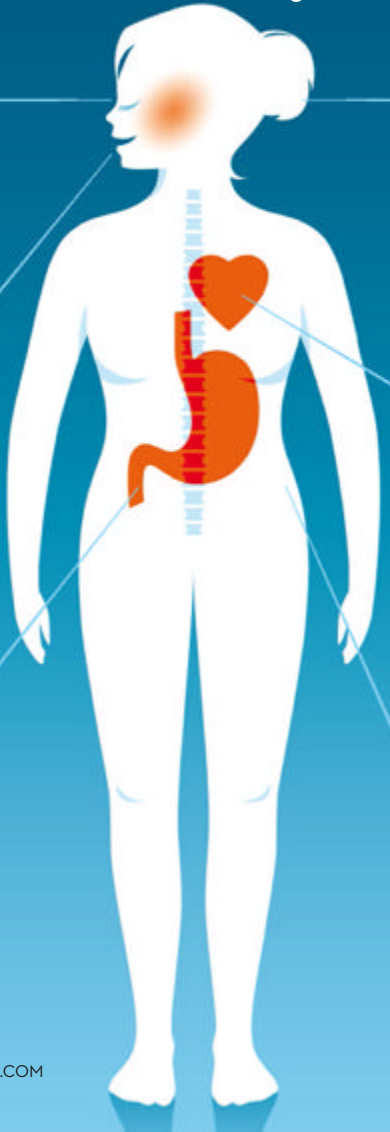
Ask your doctor or pharmacist if a whooping cough vaccination is right for you and your family.

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Visit **BigBadCough.com/print** to learn more.

Your Body on Acupuncture

It's not news that this ancient technique can do cool stuff for your health—but which claims are actually backed by science? Here, six real-deal reasons to get needled.



Deep, Deep Sleep By revving neurotransmitters linked to snoozing, acupuncture can mean less time tossing and turning.

A Cheerier Outlook Weekly sessions can ease depression within 3 months—similar to the effectiveness of counseling.

Simpler Slim-Downs Obese adults shed up to 9 pounds after getting needled for 2 weeks or more. (It helps regulate hunger.)

Milder Menopause Acupuncture eases the frequency and severity of hot flashes for up to 3 months after an average of 2 months of treatment.

A Calmer Heart Regular sessions can decrease markers of stress and reduce blood pressure.

Fewer Aches Half of one study's subjects found lower-back pain relief for 6 months after 5 weeks of twice-weekly sessions.

PAUL OAKLEY

Abbott

NEW

VITAMIN D™

IS HARD TO FIND

SO WE MADE IT 2X EASIER



2X VITAMIN D™

Up to 90% of people don't get the Vitamin D they need.
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2X more vitamin D vs prior formula.
Use as part of a healthy diet.
*Among doctors who recommend liquid nutritional products to their patients.

Ensure® TAKE LIFE IN.™

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92702/April 2015 LITHO IN USA

Irritable Bowel Syndrome with Constipation (IBS-C)



Proactively manage your recurring symptoms with LINZESS®

Do you keep taking laxatives, but can't get your symptoms to stay away? You may have more than just occasional constipation. It's time to talk to your doctor about your belly pain and constipation. Then ask about LINZESS, a once-daily capsule that's approved to help adults manage symptoms of IBS with Constipation. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your belly pain and let you have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your IBS-C symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C. **It is not known if LINZESS is safe and effective in children.**

IMPORTANT RISK INFORMATION

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money-saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.

Actavis Ironwood

Linzess (linaclotide) capsules 145 mcg · 290 mcg

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Brief Summary of Important Risk Information
LINZESS® (lin-ZESS) Capsules



This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?
LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children.**

What is the most important information I should know about LINZESS?
- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?
- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?
Before you take LINZESS, tell your doctor:
- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take,** including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?
- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?
LINZESS can cause serious side effects, including:
- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:
- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?
- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?
- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.

Actavis | Ironwood
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Based on PI LIN19696-F-RMC18356-07/14
LIN27530 07/14

Nutrition

Strong Bones • Easy Weight Loss • Safer Seafood



Dark, leafy greens are bone-building powerhouses, high in calcium, magnesium, vitamin K, and potassium salts.

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY NIDIA CUEVA

Got Greens?

Dairy's not the only way to build up your bones. A new study shows that fruits and veggies are high in natural compounds called alkaline potassium salts, which can help neutralize excess acid in the body and reduce calcium loss, potentially slowing bone breakdown. Reap the skeletal benefits with as many servings of potassium-rich greens (the darker the better), beets, sweet potatoes, avocados, oranges, and bananas as possible.

Source: Osteoporosis International



Meatless is the new Zumba. Avoid the bland factor with this BBQ "bacon" burger. Get the recipe at ***prevention.com/vegan_burger***.

Lose Weight with Less Sweat

Slimming down without exercise or portion control may sound like a dieter's dream, but it can be a reality if you're willing to eat vegan, according to a review in the *Journal of the Academy of Nutrition and Dietetics.* Researchers found that a vegan diet helped people shed an average of 10 pounds in 11 months without exercising more or eating less. The reason: Plant-based meals are typically low in calories and, because of their high fiber content, can boost metabolism by about 16% for up to 3 hours after meals. Skeptical? The study authors suggest trying it for a month. You'll likely drop weight while lowering cholesterol and keeping your blood pressure in check.

FODMAPs | **['fäd-maps]**

Short for "fermentable oligo-di-monosaccharides and polyols," these carbs show up in fruit, honey, dairy, wheat, legumes, and sugar alcohols (like xylitol in sugarless gum). FODMAPs get fermented by bacteria in our guts, which can mimic gluten sensitivity and lead to GI problems. Learn more at *prevention.com/fodmap*.

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY NIDIA CUEVA

Sweet raisins and tart cranberries.

Together at last.

I love redheads

Stop, I'm blushing



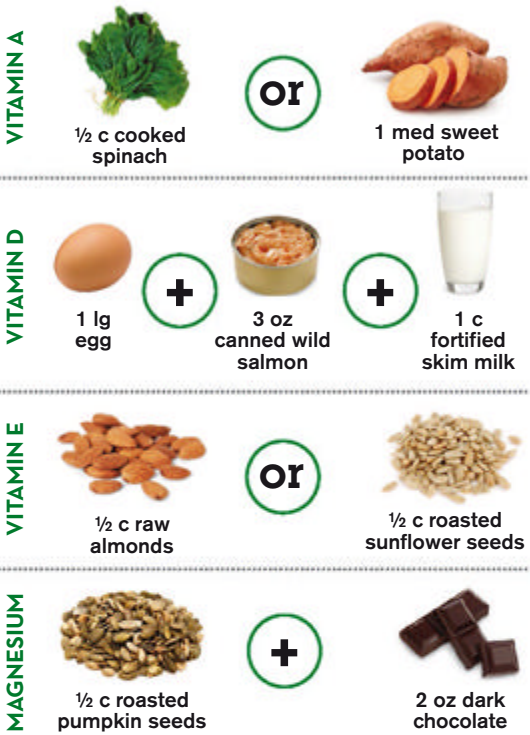
New Kellogg's Raisin Bran® with Cranberries.
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Is a **Vitamin Deficiency** Making You Fat?

They aren't just for preventing colds—vitamins may also fight weight gain. A study in the *Journal of the American College of Nutrition* found that obese people consumed up to 12% fewer vitamins and minerals, compared with adults of a healthy weight. Vitamins like A and D are essential for weight control, since they help regulate hunger hormones and fat cells. About 40% of adults are low in some nutrients; here's how to get your full daily needs in one swoop.

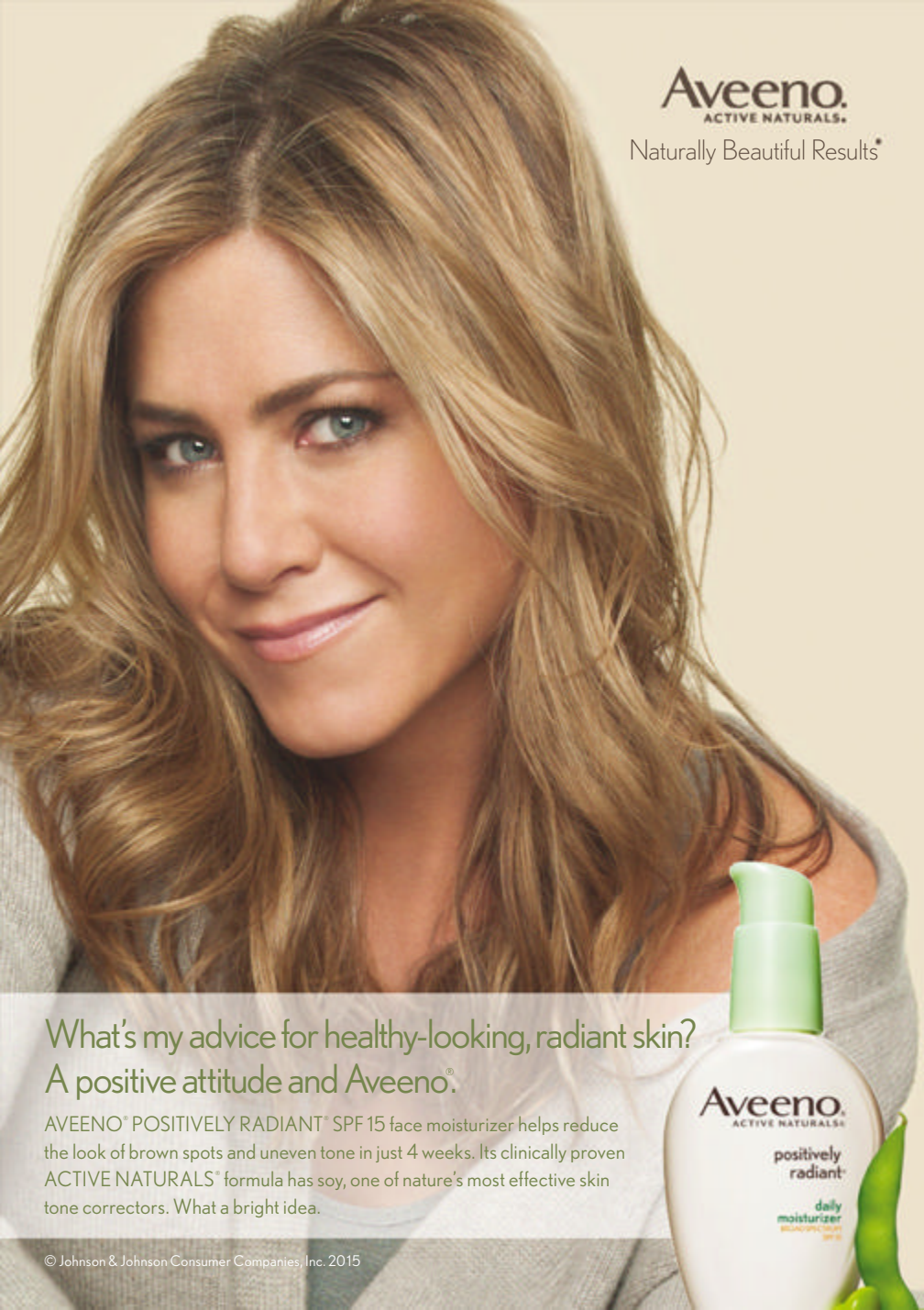




Eat More of This to Make Eating Fish Safer

Seafoodies, here's a gift from the research gods: A new study in the *American Journal of Clinical Nutrition* found that anti-inflammatory omega-3 fats in fish can counter the potential neurotoxic effects of mercury. Take full advantage of the findings by choosing fish that are high in omega-3s and lower in mercury, like salmon, sardines, anchovies, and trout.

GETTY IMAGES (FROM TOP ROW, LEFT TO RIGHT): BURKE/TRIOLO PRODUCTIONS. ELENA SCHWEITZER. MIMADEO. ETIENNEVOSS. DENPHUMI. ROB LAWSON. CAT LONDON. ONLY_FABRIZIO. ROSEMARY CALVERT. ALEAIMAGE


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Fitness

Recovery Shortcut • Sweat-and-Go Upgrades



CULTURA/PLAINPICTURE

The No. 1 Way to Battle Belly Fat

If you think you've tried everything to stem waistline spread, ask yourself this: *Have I committed to weight training?* If your answer is no, you've likely identified the core reason for your defeat, according to new research. Study participants who did resistance training 20 or more minutes daily had less belly fat than those who performed the same amount of cardio. The reason is simple, says researcher Rania Mekary, and bears repeating for the billionth time: Weight training helps increase metabolism. Twenty minutes a day, pants that fit for a lifetime? Not a bad trade-off.

Source: Obesity

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4 Essential Moves to Strengthen Your Pelvic Floor

It's the visible muscles—quads, triceps, glutes—that get all the attention, but please reconsider: Keeping your pelvic floor strong will not only boost your core but cut your (very real, if you're over 40) risk of incontinence and painful sex. So to help avoid the whole situation, add Kegels to these lower-body toners.



Wall Squat

Stand against a wall, feet hip-width apart. Inhale, engage pelvic floor (PF), and lower into a squat, as though sitting on a chair. Hold 10 seconds. Rise back to standing and release PF. Rest 10 seconds. That's 1 rep. Do 10 reps.



Jumping Jacks

Stand with legs together. Engage PF and jump legs apart, bringing arms overhead. Release PF, lower arms, and hop legs back together. Repeat 30 to 60 seconds.



Bridge

Lie on back with knees bent and feet on floor. Inhale, engage PF, and lift hips. Hold 10 seconds. Lower hips and release PF. Do 10 reps.



Dead-Bug Crunch

Lie on back as shown. Inhale, engage PF, and extend right arm beyond head and right leg forward. Release PF and draw arm and leg back to starting position. Repeat with left arm and leg. Do 10 reps on each side.

Wait. How Do I Do a Kegel Again?

Simply tighten the muscles you'd use to stop a flow of urine—that engages the pelvic floor—and then release them. While doing these moves, you'll work on holding the squeeze during the effort and fully releasing your pelvic floor as you complete each rep.

CHRIS PHILPOT. SOURCE: AMY STEIN, FOUNDER AND OWNER OF BEYOND PHYSICAL THERAPY

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Enthusiastic. Energetic. Calm.

Wouldn't you love to apply those descriptors to the middle of your workday? Here's what it takes: walking 30 minutes at lunchtime. Study participants who did that 3 times a week for 10 weeks felt less fatigued, less stressed, and more positive about their jobs. (Thank those happy brain chemicals released during exercise.) The benefits aren't limited to walking—any physical activity you enjoy will have the same feel-good effects.

Source: Scandinavian Journal of Medicine & Science in Sports

No-Sweat Post-Sweat Essentials

Toss these must-haves into your purse.



Dove Dry Spray Antiperspirant for Sensitive Skin ($5.50) This sunflower-oil-infused spray goes on dry and leaves zero residue on your office wear.



Hard Candy Fast & Fabulous Waterproof Mascara Topcoat ($6) A clear topcoat turns everyday mascara into a formula you can swim, spin, and sprint in.



Yes to Tomatoes Blemish Clearing Facial Wipes ($6) Before reentering the office, wipe away sweat with botanical extracts (like tomato and watermelon) instead of irritating preservatives.

PORTRAIT BY JOHNER/PLAINPICTURE. PRODUCTS BY STUART TYSON



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*5g Fat per serving

Imagine Your Way Strong

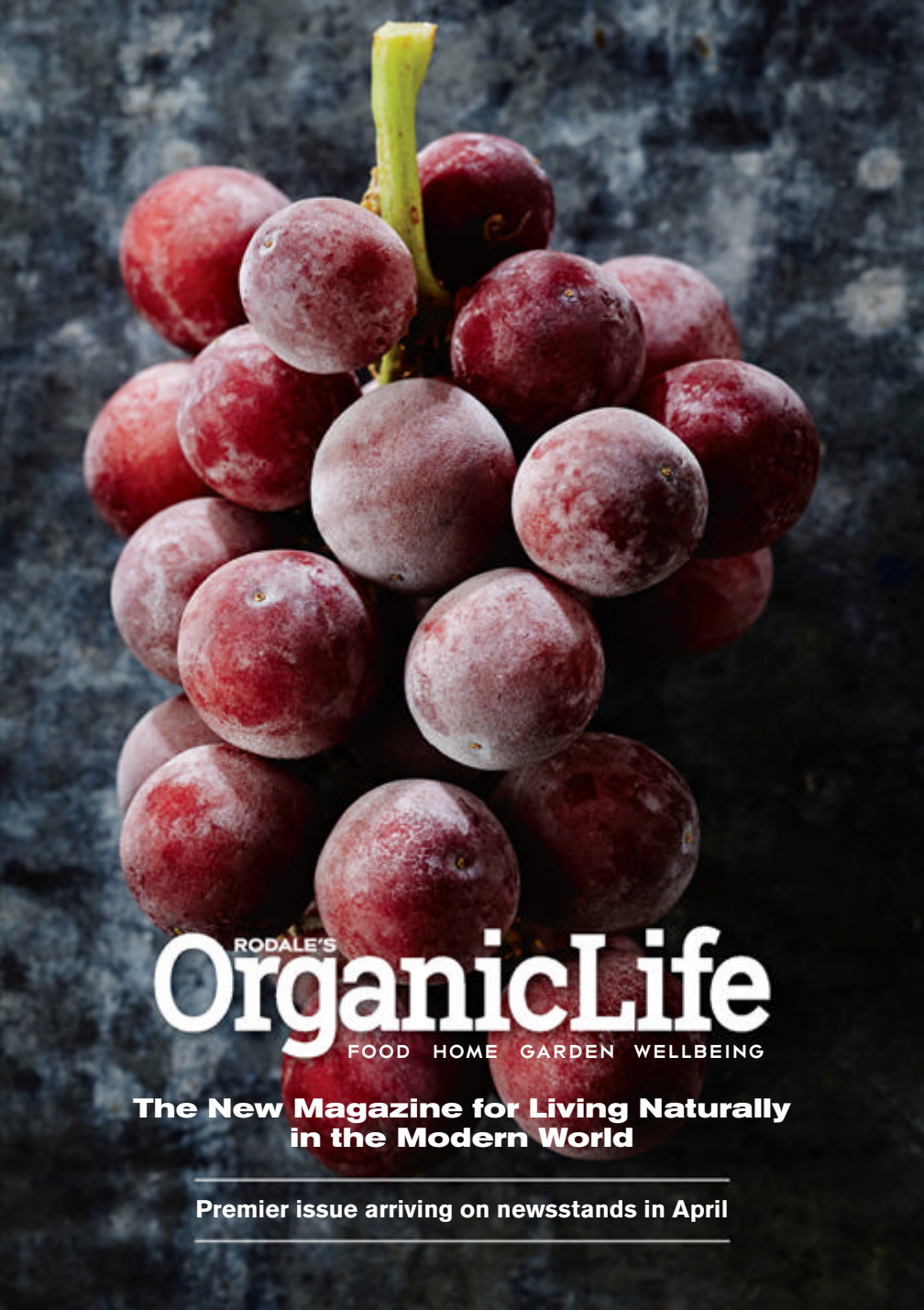


Profound mental leap of the month: Your brain alone could keep you fit next time you're sidelined with an injury. When volunteers with casts on their nondominant arms merely *pictured* contracting wrist and arm muscles 5 times a week for a month, they retained almost twice as much wrist-flexor strength as those who didn't perform the mental exercises. Imagining your muscles contracting engages the neurological mechanisms that control muscle activity, keeping them primed. Try it: Mentally "contract" whichever muscle you're unable to move. Hold the "contraction" for 5 seconds, then "relax" for 5 seconds; repeat for at least 2 minutes. That's 1 set; do 4 sets 5 times a week until the injury heals. Then head back to the gym, stat.
Source: Journal of Neurophysiology

5 DAYS

Skip your workout for that long and your blood vessel function decreases significantly, research shows. That change alone can increase your risks of high blood pressure and cardiovascular disease.
Source: Journal of Applied Physiology

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Peel Away Stress

Taking a whiff of orange essential oil could be the simplest serenity shortcut yet. Women who sniffed air infused with the calming oil for just 90 seconds immediately had less activity in the prefrontal cortex, the part of the brain that recognizes and processes stress, according to a study in *Complementary Therapies in Medicine*. Get your own hit of happy with **Nomaterra Miami Orange Blossom Roll-On Perfume Oil ($55)** or **Neal's Yard Remedies Organic Aromatherapy Candle Uplifting ($45)**. Both feature sweet orange essential oil, the same cheering variety used in the study.



ONE-WORD ANSWER

Should I really avoid skin-care products with parabens?

yes.

The common preservative methylparaben, often used in anti-agers, decreased collagen levels—and skin cells' ability to generate more—in a new study. Megadoses gave mice drier, more wrinkled skin and are likely to have a similar effect in humans, since our skin is structurally similar. Nix the threat by checking for the preservative or picking products that say "paraben-free" or "PABA-free" on the label.

Sources: Rachel Nazarian, MD, assistant clinical professor of dermatology at Mount Sinai Medical Center; Investigative Dermatology

This **Skin-Care Claim** Doesn't Hold Water

The term "water-free" is being bandied about on beauty-product labels as though it's a big-time benefit. Get the lowdown.

THE CLAIM: Proponents of the no-H_2O movement point out that anti-aging superstars like antioxidants, vitamin C, and retinols are lipid soluble—and therefore more effectively delivered to skin cells in formulas that use oil instead of water.

THE REALITY: Lipid-favoring ingredients can be tweaked in labs to play just as well with H_2O and deliver equally effective outcomes, though the products lack the silkiness that waterless ones tend to have, says cosmetic chemist Ron Robinson.

THE BOTTOM LINE: Choosing water-free products (or not) is a matter of personal preference, not younger-looking skin.



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Younger-Looking... Eyeballs?

Yup, it's a thing: The slightly darker border of the iris, called the limbal ring, fades with age—and distinct limbal rings are judged as more attractive, per a University of California, Irvine, study. Of course there's now a product to indulge the fixation: 1-Day Acuvue Define contact lenses ($75 for a month's supply) are ringed in pigment but clear in the center for instantly age-defying irises.



Finally: A Formula for **Denser Hair**

Erasing thinning hair from the aging equation may be as simple as taking five supplements: fish oil (460 mg), black currant seed oil (460 mg), vitamin E (5 mg), vitamin C (30 mg), and lycopene (1 mg). In a new study, 90% of women with thinning hair (and no nutritional deficiencies) reported less hair loss after taking that combo daily for 6 months, and 87% saw denser, thicker hair. Researchers suspect that the supplements' fatty acids and antioxidants are the heroes: They support blood vessels and cell growth and may spur anti-inflammatory activities in hair follicles—all of which are building blocks of enviable hair.
Source: Journal of Cosmetic Dermatology

FROM TOP: PHOTOGRAPH BY EMILY KATE ROEMER; PROP STYLING BY NIDIA CUEVA. GANDEE VASAN/GETTY IMAGES

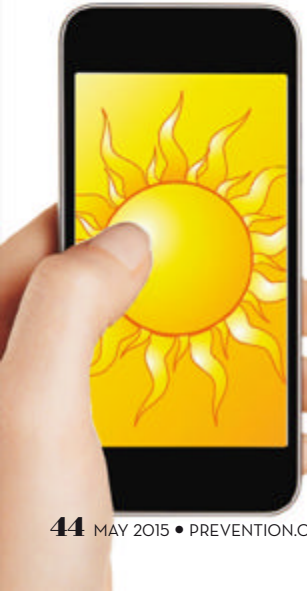

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Erase Your Skin's **Spotty Past**

Dark marks and dents are the stubborn ghosts of long-gone acne. Brightening serums can help fade the spots, but until now, the closest thing derms had to a scar fix was either laser resurfacing or the off-label, often-ineffective use of fillers that quickly disintegrated, so pits reappeared. Bellafill, the first injectable to get FDA approval for treating acne scars, might be the answer. Its staying power lies in tiny spheres of a substance called polymethyl methacrylate, which creates a base that keeps the previously dented area lifted. It can't rehab narrow, deep, ice-pick-like depressions, but wider, craterlike spots are prime targets. If the latter scar situation describes yours, one treatment will cost about $600 to $800, and you'll likely need two for best results.

Source: Ruth Tedaldi, MD, Boston-based dermatologist



THERE'S AN APP FOR THAT

Up Your Sun-Protection Game

Your phone is basically your personal assistant—fetching your lunch, calling a car to your exact location, waking you in the morning. So it's no surprise that research in *JAMA Dermatology* suggests you can use it to protect your skin, too. Mobile sun-safety apps that nudged users to reapply SPF or don a hat led to better sun protection. We recommend SunIQ (free), which pings you to reapply sunscreen hourly, to rehydrate every 45 minutes, and to remind you when to seek shade—all based on the intensity of UV rays in your current location.

Even with tech on your side, sun protection is anything but simple. Flip to p. 70 to find out how to prevent the biggest summertime skin-care mistakes.

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Enbrel® etanercept

Brief Summary of Medication Guide
Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:
1. Risk of Infection 2. Risk of Cancer

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See **"What is the most important information I should know about Enbrel?"**)
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
 - **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
 - **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
 - **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
 - All vaccines should be brought up-to-date before starting Enbrel.
 - People taking Enbrel should not receive live vaccines.
 - Ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
 - The needle covers on the single-use prefilled syringes and the needle covers within the needle caps on the single-use prefilled SureClick® autoinjectors contain dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby. If you took Enbrel during pregnancy, talk to your doctor prior to administration of live vaccines to your infant.
 - If you become pregnant while taking Enbrel, you are encouraged to enroll in Amgen's Pregnancy Surveillance Program. You can enroll by calling 1-800-77-AMGEN (1-800-772-6436).
- are breastfeeding or plan to breastfeed. Enbrel can pass into breast milk. You and your doctor should decide if you will take Enbrel or breastfeed. You should not do both.
 - If you choose to breastfeed while taking Enbrel, you are encouraged to enroll in Amgen's Lactation Surveillance Program. You can enroll by calling 1-800-77-AMGEN (1-800-772-6436).

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older who are candidates for systemic therapy or phototherapy.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See **"What is the most important information I should know about Enbrel?"** and **"What are the possible side effects of Enbrel?"**

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick® Autoinjector
 - Multiple-use Vial
- See the detailed "Instructions for Use" with the Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

See "What is the most important information I should know about Enbrel?"

Enbrel can cause serious side effects, including:

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See **"Before starting Enbrel, be sure to talk to your doctor"** for a list of symptoms of infection.
- **Previous Hepatitis B infection.** If you have been previously infected with the hepatitis B virus (a virus that affects the liver), the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.
- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
 - **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- If needed, you may store the Enbrel syringe, autoinjector, or the dose tray for the multi-use vial at room temperature between 68°F to 77°F (20°C to 25°C) for up to 14 days.
 - Once Enbrel has reached room temperature, do not put it back in the refrigerator.
- Throw away Enbrel that has been stored at room temperature after 14 days.
- Mixed Enbrel powder should be used right away or kept in the refrigerator at 36°F to 46°F (2°C to 8°C) for up to 14 days.
- **Do not** store Enbrel in extreme heat or cold. For example, avoid storing Enbrel in your vehicle's glove box or trunk.
- **Do not freeze.**
- **Do not shake.**
- Store Enbrel in the original carton to protect from light or physical damage.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

The Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information, call 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick® Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine

AMGEN

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Revised: 11/2013 81724-R2-V1 PMV11

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eatclean

Slimming Snacks • Smoothie Tips • Radish Dishes

Probiotic Superfoods or Fermented Fakers?

If you eat fancy fermented foods like kimchi and miso (or even unfancy ballpark sauerkraut and pickles) because they're probiotic powerhouses, you may not be getting any beneficial bugs. Most mainstream brands are pasteurized to kill the bacteria that can cause foodborne illness, but the process destroys the good critters, too. To guarantee your fermented faves have probiotics, look for *unpasteurized* or *raw* on labels. The exception: pasteurized cultured dairy, which is still rich in probiotics, since bacterial cultures are added after pasteurization. Just make sure yogurt, kefir, cottage cheese, and cream cheese specify *live active cultures* on the label for best gut results.



PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY NIDIA CUEVA

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Power to the **Protein**

Five New, Surprisingly High-Protein Snacks

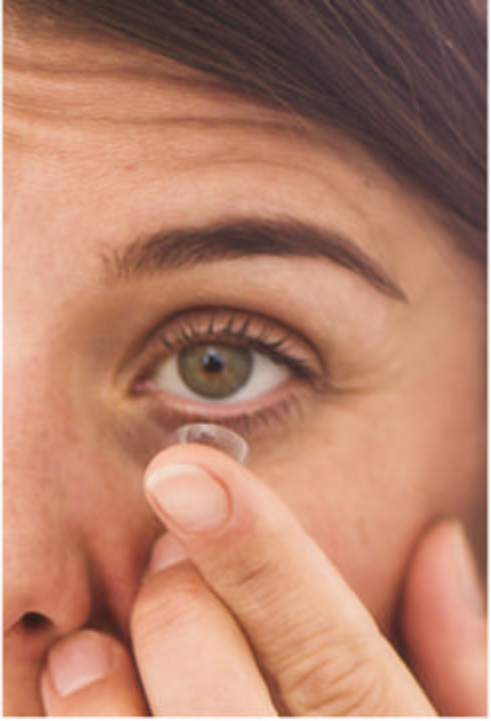
1. **Simply 7 Quinoa Chips** Crisps made from quinoa, not corn or rice flour, give you 8 to 9 g protein in 20 chips. ($3.50 per bag) **2.** **Arctic Zero Chunky Pints** This creamy frozen dessert has only 300 calories and 12 g each of protein (courtesy of whey) and fiber per pint. ($4 to $5 per pint) **3.** **Moon Cheese** Turns out dehydrated cheese is delicious, with up to 5 g protein in 7 puffs. ($5 per bag) **4.** **D's Naturals No Cow Bar** Get up to 21 g protein, 19 g fiber, and just 1 to 2 g sugar in 1 vegan, pea-protein-packed bar. ($3 per bar) **5.** **Tru Table** These whey-based salad dressings have up to 10 g protein and less than 8 g sugar in 4 tablespoons. ($28 per 4 bottles)



It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **Dryness/itching**
- **Burning/stinging**
- **Feeling like something is in your eye**
- **Sensitivity to light**
- **Blurry vision**
- **Problems wearing contact lenses**
- **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.





TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

ALLERGAN

APC30SW14

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My DRY EYES

The Secret to Low-Sugar Smoothies

Here's a health-food shocker: A smoothie can pack up to 60 g of sugar per serving! While that may all be natural sugar from fruit, milk, and honey, so much sweet stuff can do a number on your blood sugar. Make a cleaner smoothie by subbing out sweet ingredients for green veggies like kale and prioritizing low-sugar fruit like berries, says EatClean.com contributor Candice Kumai. She also suggests using coconut water or an unsweetened milk, such as almond, and avoiding flavored or frozen yogurt, extra sweeteners, and all-fruit smoothies.



Get sugar smart: Turn to p. 96 to see how four women cut the sugar from their diets to lose a total of 81 pounds to date.

Green Ginger Smoothie

In a blender, puree 2 cups **packed baby spinach**, 1 chopped **Granny Smith apple**, ¾ cup **coconut water**, ¼ cup **fresh lemon juice**, 2 Tbsp **hemp seeds**, 2 to 3 tsp **minced fresh ginger**, 1 tsp **raw honey**, and 1½ cups **ice cubes** until smooth. Divide between 2 glasses and serve.

NUTRITION (per serving) 137 cal, 5 g pro, 22 g carb, 4 g fiber, 14 g sugars, 4.5 g fat, 0.5 g sat fat, 135 mg sodium

PHOTOGRAPH BY PHILIP FICKS; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY KIRA CORBIN



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3 High-Tech **Food Hacks**

Learn what's really in your food with these futuristic gizmos. All get great reviews.

Scio: Shine this handheld sensor onto any food and *shazam*: A rundown of the food's chemical makeup appears on your smartphone, itemizing calories, fat, carbs, protein, and sugars, and even telling you how ripe it is (if it's produce). Available for preorder now for this summer. ($250)

Vessyl: This 13-ounce "smart cup" tells you how much caffeine and calories are in any drink while tracking your real-time hydration needs. Sync it with any smartphone. ($200)



Food Scores: This free app from the Environmental Working Group rates 80,000-plus packaged foods on nutrition, questionable ingredients, and degree of processing. Scan a bar code and the app scores that food from 1 to 10, helping you make smarter shopping choices.

ONE-WORD ANSWER

no!

Is Wine Vegan-Friendly?

Well, not all of it, anyway. Because fermenting wine can cause it to cloud, some winemakers use animal products like egg whites, gelatin from fish bladders (yes, really), and milk proteins to clarify the stuff for aesthetic reasons. But there does exist vegan wine clarified with nonanimal products, like charcoal. Visit *barnivore.com* for a list of brands.

WINE: WESTEND61/PLAINPICTURE. PRODUCTS: COURTESY OF SCIO. COURTESY OF VESSYL. APP LOGO COURTESY OF ENVIRONMENTAL WORKING GROUP

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DINNER TONIGHT

Radishes, Reinvented

Turn this peppery seasonal veggie into a main-meal star with these three recipes from our friends at the new **Rodale's Organic Life** *magazine. All recipes serve 4 to 6.*

Sautéed Radishes and Radish Greens

Remove stems and leaves from 1 lb **radishes** and quarter. Melt 3 Tbsp **butter** in skillet over medium heat. Sauté radishes until soft, 5 minutes. Add **leaves**, 2 **minced cloves garlic**, ½ tsp each **kosher salt** and **black pepper**, and a pinch of **sugar**. Sauté until leaves are wilted, about 1 minute more.

Watermelon Radishes in Sherry Vinegar

In a bowl, combine 3 Tbsp **sherry vinegar**, 2 tsp **sugar**, and 1 tsp each **Asian sesame oil** and **kosher salt**. Cut ½ lb **watermelon radishes** into matchsticks with sharp knife. Add to vinegar mixture and marinate 30 minutes. Stir and garnish with sprigs of **cilantro**.

French Breakfast Radish Tartine

Remove stems and leaves from 1 lb **French breakfast radishes**. Slice in halves. Spread **unsalted butter** on 1 **baguette**, cut into slices, and sprinkle with **salt**. Layer leaves and 4 to 6 radish halves on each baguette.

Rodale's OrganicLife

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY NIDIA QUEVA



NOT TONIGHT, I'M TOO TIRED.

WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired…too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down…especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time", it's time for a change. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.* So redefine your definition of a "good time" with Floradix and rekindle the romance.



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“I’ll Do Whatever It Takes to Stay Healthy”

The rawest losses convinced Julia Ellis to fight for every extra day. The purest joy keeps her going.

AS TOLD TO AMY PATUREL | PHOTOGRAPHS BY JAMES ELLIOT BAILEY



After one pregnancy almost broke her spirit, another produced Caleb—and kid-spiration to the max.

Better Than Ever

Like so many women, I wanted desperately to be a mom. But parenthood didn't come easily for my husband, David, and me. After several grueling rounds of in vitro fertilization and two ectopic pregnancies that resulted in loss, I finally became pregnant with twins—a boy and a girl. I was so excited and relieved. But at 20 weeks, my water broke. Baby Aaron was born and lived for only 5 minutes. Sarah was stillborn a week later.

We were devastated. No matter how hard I tried, I couldn't shake the constant memory of losing my twins. I fell into a deep depression, bingeing on food and watching mindless TV. I knew this lifestyle was damaging my health, but I couldn't bring myself to change my habits.

Finally, hope came in the form of a surrogate. At first I was terrified that we would lose this baby, too. But when we heard our son's heartbeat, somehow I knew that this would be different. We were going to be parents—and I had to be healthy. It didn't happen overnight, but I slowly got back to exercising, eating a healthy diet, and watching my calories.

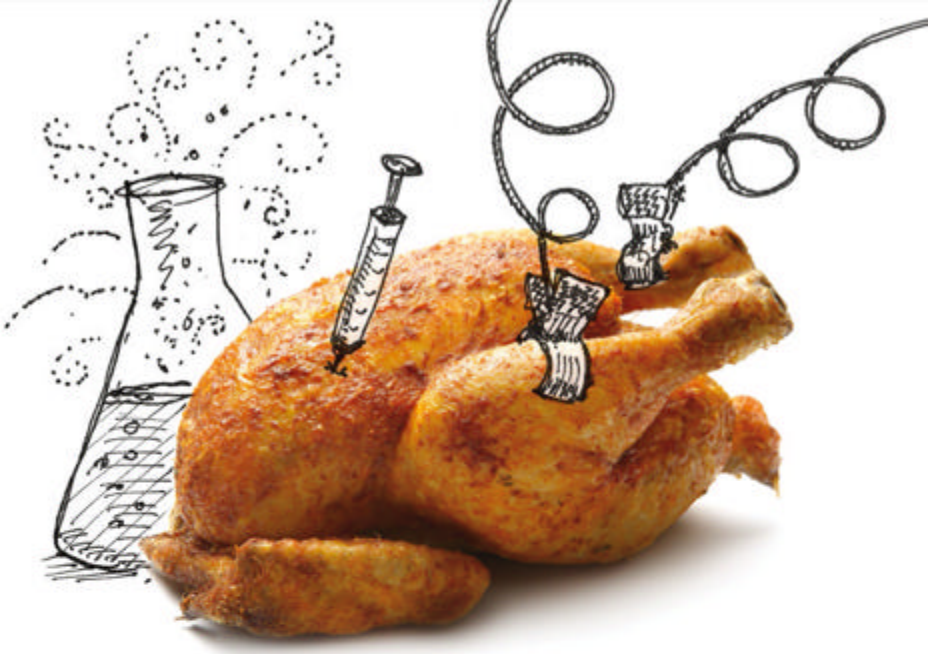


Intense workouts have a sweet reward: family moments like these.

Then, 5 months into my surrogate's pregnancy, my mother called and told me my father had died in his sleep. He was 58. Even though my dad was chronically ill, suffering from obesity and heart disease, I was shocked that he'd died so young. It broke my heart that he would never meet his grandson.

My father's death renewed my commitment to live. My workouts became more intense: aerobics, kickboxing, weight training, and krav maga, Israeli self-defense. I started participating in Facebook challenge groups with people who had similar fitness goals.

Soon the weight started coming off, and my cholesterol and blood pressure levels dropped. But nothing was more motivating than holding our son, Caleb, when he finally arrived. The moment I pressed his tiny body against mine, a flood of emotions washed over me. It was like holding a part of myself. We finally had the family we had hoped for. I've since lost another 35 pounds, and it's been easier than ever to get my butt to kickboxing class. Every time I see Caleb's smile, I know I'm going to do whatever it takes to live my best—and longest—life.



Your food shouldn't be a freaky science experiment

Do you like your food without chemicals or ingredients so processed they sound like plastic polymers? So does Rodale, which is why we launched EatClean.com, with all the news, views, and recipes on stuff made by Mother Earth, not in a freaky science lab. If you give a damn about your food, this is where the conversation starts.

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for more information and to see if you qualify.

Participants will receive reimbursement for their time, travel, and other related expenses.

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Sensitive Teeth

PROBLEM SOLVED!

BY RICHARD LALIBERTE

The saying is true: Over time, we literally get long in the tooth. As our gums recede, our nerves become more vulnerable to pain. Reverse your sensitivity with these 10 tips.



Start Here!

Water

Dry mouth is a tooth-pain culprit. Saliva helps neutralize acids in the mouth that can erode enamel, leading to tooth sensitivity. Good ol' H_2O is a legit fix for parched oral conditions (which are common in people who take medications such as antidepressants and blood pressure drugs).

DIET TWEAKS

It's all about acid. If cutting down on acidic foods like citrus fruits feels too extreme, rinse with water after eating them to wash the acid away—but wait 30 minutes to brush or you'll drive lingering acid deeper into teeth.

MARK WEISS/GETTY IMAGES

SUGAR-FREE GUM **Gets juices flowing.**
Chewing increases acid-neutralizing saliva. But steer clear of sugary gum, which feeds acid-secreting bacteria and irritates sensitive teeth.

SENSITIVITY TOOTHPASTE
Tackles pain points.
Active ingredients like potassium nitrate block tiny channels that transmit nerve-zapping stimuli deep into teeth.

Still dry?

Try a special rinse: Biotene Dry Mouth Oral Rinse or ACT Total Care Dry Mouth.



Soft Toothbrush

A gentle touch goes a long way.
Stiff bristles and hard brushing can wear away enamel and speed gum recession. The technique to try: Direct soft bristles toward gums at a 45-degree angle and use small, circular strokes.

DEBBI SMIRNOFF/GETTY IMAGES

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†Cognitive Research Corporation, 2011

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ROOT CANAL
The last resort. Still struggling with pain? It may be time to remove the troublesome nerves, or what's left of them, if the inside of the tooth is infected or decayed.

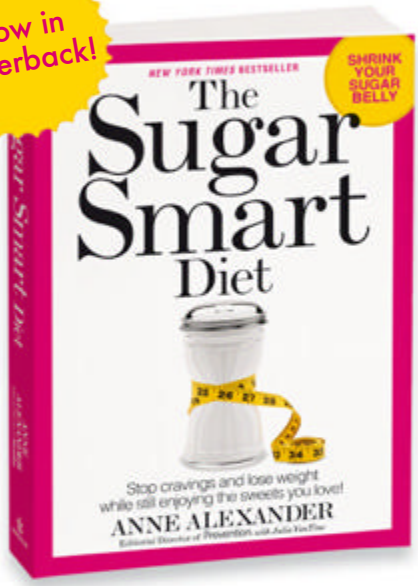
BONDING
A soothing cover-up. Your dentist can cover roots exposed by receding gums with a plastic resin that bonds to the tooth, sealing it off from stimuli.

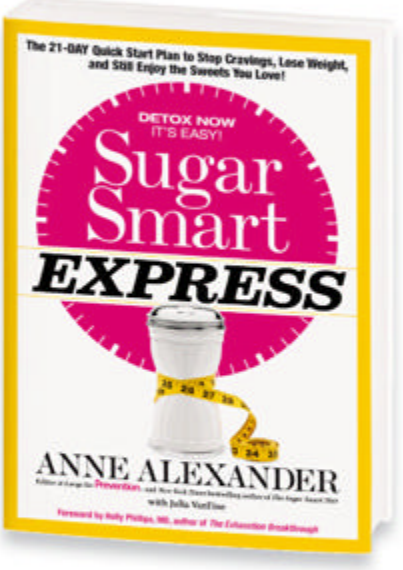
Sources: Sally Cram, DDS, periodontist and consumer advisory spokesperson for the American Dental Association in Washington, DC; Denis Kinane, DMD, PhD, dean and professor in the departments of pathology and periodontics at the University of Pennsylvania School of Dental Medicine; Harlan J. Shiau, DDS, DMSc, board-certified periodontist and assistant professor at the University of Maryland Dental School

PETER DAZELEY/GETTY IMAGES

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Your Sunscreen Mistakes Exposed

How much protection are you really getting? Not much. (Fully 42% of Prevention readers wear sunscreen only on their faces!) We put your daily habits to the test with the help of an SPF-spotting UV camera. Consider this a chance to discover your weak spots—before the sun does.

BY JESSICA CHIA | PHOTOGRAPHS BY CHRIS FANNING



Caught on Film

Our UV camera detects what the human eye can't: Areas of skin that are protected by sunscreen appear dark; lighter areas are uncovered and vulnerable to UV rays, wrinkles, and potential skin cancer. Here, it's hard to see any dark spots at all—because she didn't reapply.



11 AM
Brunch Outside

The secret to her face's bulletproof protection? Layers. Bolster a facial sunscreen such as **Stri-Vectin Repair & Protect Moisturizer Broad Spectrum SPF 30 ($89)** with SPF-spiked makeup on lids and lips. Try **Bare Minerals 5-in-1 BB Advanced Performance Cream Eyeshadow Broad Spectrum SPF 15 ($18)** and **Neutrogena Revitalizing Lip Balm SPF 20 ($9)**.

WARDROBE STYLING BY SHANNON CAMPBELL; HAIR AND MAKEUP BY MICHELE LEE


Freshly applied SPF + a hat and shades = maximum protection
SPF-containing lip balm is a smart move: Like your nose and forehead, the bulk of your lower lip is exposed to the sun, making it a high-risk spot for UV damage.
DAMAGE ALERT: She skipped sunscreen on her arms.
EXTRA PROTECTION: All the sunscreen in the world can't match the shade a hat adds. Just make sure your brim measures 4 inches all the way around.





12 Noon
Out for a Drive

Your car offers no sun-safe haven. Windshields block UVB, but UVA rays, which penetrate deeper into skin and create more cancer-causing damage, can get through the glass, says Joshua Zeichner, director of Cosmetic and Clinical Research in Dermatology at Mount Sinai Hospital in New York City. Store SPF that's easy to apply, like **La Fresh SPF 30 Sunscreen Wipes ($40 for 48)**, in the car or, yes, install one of those dorky UV-blocking window films.



BONUS TIP: OUTSMART THE SUN

Before spending a day outdoors, look up your zip code's UV index at ***epa.gov/sunwise***. By factoring in things like cloudiness, ozone concentration, and your elevation, it will give you a number that tells you just how careful you need to be. The Sanctuary Camelback Mountain Resort in Scottsdale, AZ, clocked in at a 6 on a scale of zero (low) to 11 (extremely high) the day these shots were taken.

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CVS/pharmacy

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

2 PM
During a Swim

If you thought you could dive in immediately after slathering up, this photo will make you think again. Always apply a water-resistant SPF like **Aveeno Natural Protection Lotion Sunscreen with SPF 50 ($10)** 15 minutes before swimming.



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If you already have a lifetime of sunscreen mistakes under your belt, photodynamic therapy can help. The light treatment helps get rid of rough-textured patches of precancerous cells found on exposed areas like the forehead, nose, and ears. Getting rid of the damaged areas now can prevent full-blown skin cancer.

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3 Reasons Ordinary Probiotics FAIL

By Dr. David Williams

Probiotic supplements are popular, but many provide only partial digestive relief.

Probiotics replenish the beneficial bacteria that line the intestines, crowding out bad bacteria that cause gas, bloating, and constipation. But many probiotics fall short in three critical areas:

1. Not enough variety in probiotic strains. Your digestive tract is home to billions of friendly bacteria in dozens of different strains. Each has a unique purpose. Look for a probiotic with multiple strains in the *Lactobacillus* and *Bifidobacteria* families.

2. Require refrigeration or special handling. If a probiotic needs refrigeration, the beneficial bacteria likely won't be alive. An effective probiotic guarantees live bacteria through the product's expiration date (which should be printed on the label).

3. No protection against harsh stomach acid. Typical probiotic supplements release beneficial bacteria in the stomach, where they are immediately destroyed. Look for a probiotic that comes with protection to ensure the bacteria make it through the small and large intestine, where they work to relieve digestive symptoms.

Total, Reliable Digestive Relief

That's Easy to Swallow

Tiny probiotic **MICRO-CAPLET** delivers round-the-clock protection

- Relieves constipation
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7X **Probiotic Advantage**® delivers 7 live, CLINICALLY STUDIED probiotic strains wrapped in BIO-Tract® technology, for all-day relief—**GUARANTEED**!

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I couldn't stand **the ringing in my ears!**

Lily battled with noise in her ears for many years. After coming across Ear Tone™ she finally found some relief. Here is her story.

"My ear problems started years ago. I was listening to music during a long bus ride and when I got off, I noticed a constant ringing in my ears. Over time the ringing kept coming back and the noise increased. It was unbearable. When a friend told me about Ear Tone, I bought a box, with great anticipation.

After about 3 months I noticed an improvement. I felt the noise was decreasing day by day.

I can't express how happy this made me feel and how much I now enjoy the silence. I still take Ear Tone, just to make sure I keep my ears healthy and to help prevent it from coming back. **I strongly recommend Ear Tone – it has made a world of difference for me."**

Lilly P., Sweden





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4 PM
End-of-Day Jog

Getting your sweat on? Dab yourself dry and reapply sunscreen every 2 hours, says Michael Shapiro, medical director of Vanguard Dermatology in New York City. Perspiration washes sunscreen away fast.

EXTRA PROTECTION: Super sun sensitive? Know exactly what kind of exposure you're getting at all times with new UV trackers you wear on your wrist, like the **UVA+B SunFriend Daily Sun/UV Monitor ($50)**.



The sun's about to go down, **but damage doesn't stop here. The wrinkle-inducing effects of UV rays continue for a full 3 hours after exposure, meaning this smooth skin could soon be a thing of the past.**

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“Put blinders on to those things that conspire to hold you back, especially the ones in your own head.”

—Meryl Streep

AURORA PHOTOS/PLAINPICTURE



Feel *Great* & Lose *Weight* in 21 Days

Our Transformation Challenge is back and more life changing than ever. **Are you in?**

BY THE EDITORS OF *PREVENTION*
PHOTOGRAPHS BY CALLIE LIPKIN AND KATHRYN BARNARD



She did it!

Want this glow? Martha Seddon found hers by joining last year's Transformation Challenge. "I'm happier, more vibrant, and more alive," says Seddon. Get inspired by her story on p. 88, and then it's your turn.

prevention.com/21daychallenge
Take the 21 DAY TRANSFORMATION CHALLENGE



"I don't work out because it could theoretically add years to my life," says Seddon, who lives in Lakeland, FL. "I do it because it makes my here and now so much better."

WARDROBE AND PROP STYLING BY TAMMARA KOHLER; HAIR AND MAKEUP BY KAREN CLEARY



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Take the 21 DAY TRANSFORMATION CHALLENGE

Joining this Challenge will do more than inspire you to seek out exercise like a happy kid and finally end the sugar addiction that's expanding your waistline and stealing your glow. Signing up for this massive group effort to get healthy will change your life.

That's not some lofty, melodramatic promise. We know it from the past 2 years and nearly 60,000 success stories, including that of Martha Seddon. Only 1 year ago, Seddon, 40, was stuck in the middle of a motivation crisis, that vitality-sucking



Until she discovered the Challenge, Seddon says, "my mind was willing, but the rest of me was eating chips."

place we've all experienced at one time or another. Her workouts had been off-again for longer than she liked to admit, and her weight was on a steady creep—all her clothes, even the larger sizes, were getting tight. "I felt like I was trapped at the bottom of a deep well of fatigue and poor health," she says. "My mind wanted to get healthy, but the rest of me was eating potato chips, skipping yoga, and avoiding my walks." With Seddon's husband and 8-year-old daughter out of the house during the day—and her home office a few steps away from the pantry—lunchtime had become munch time: "I'd pack them healthy lunches but then just wander into the kitchen and eat junk. It's tremendously hard to pull yourself out of that rut."

Seddon had gained and lost in the past, but this time she felt she needed a real lifeline, something to remind her how good being healthy feels. That's when she read about the Transformation Challenge. "At that moment I thought, *This is it. I'm in!*," she says.

Within a few weeks, Seddon started to notice changes. "My belly was decreasing, I had more energy, and my skin was starting to get that glow," she says. By the end of the Challenge, her clothes fit better and she felt stronger, more toned. "Seeing how quickly my body responded motivated me to keep it going. Now I work out at least 5 days a week, and I'm happy to say that my larger clothes are back on my top shelf, gathering dust. I walk into my closet and think, *I can wear all this!* It's a lot of fun."

It's your turn to feel this good.

So, What Do You Have to Do?

STEP 1

Join the Team!

Meet Your Trainer

Chris Freytag has transformed the bodies of thousands of women, and you'll have daily access to her via our Challenge e-course. It's packed with everything you need to succeed; if you did last year's Challenge, it's that times 10.



SARA FORREST

Enroll now in the Transformation Challenge at *prevention.com/21daychallenge*. There you'll score access to the Rodale U e-course, tap into the community of other Challenge takers, and get set up on the Challenge's ridiculously effective clean-eating and fitness plan.

Log on daily. The official Challenge begins May 1, but you can access the plan—the daily tips and lessons, workout videos, recipes, and coursework—anytime after the kickoff date (so it's never too late to join!). The more you check in, the faster you'll see results.

Soak up the support and encouragement. Thousands of people are joining the Challenge, and at times what you're doing together won't be easy—ditching sugar?! Use the chat boards to share frustrations and inspirations and stay motivated.

prevention.com/21daychallenge
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STEP 2

Break Out of Your Rut and **Move!**



Ready? Starting on May 1, You Will...

Do Your WOWs 3 Times a Week

The Workouts of the Week (WOWs) are 15-minute routines designed by Freytag to sculpt your body and turn up your metabolism. You'll get a new WOW every week, plus full-length videos so you can sweat along with Freytag. Turn the page for a preview of week 1's WOW. Trust us—follow the plan and your body will change.

Sweat for 150 Minutes Every Week

Life is preposterously busy. So we leave it to you to decide how to break up those 2.5 hours—the amount of cardio proven to deliver weight loss and favorable heart health—throughout these 3 weeks. Could be a 30-minute walk 5 days a week or an hour-long bike ride 1 day and a 45-minute swim the next 2 days. Just make it fun.



Seddon got to her 150 minutes with early-morning walks. Often, she'd listen to new podcasts or wrangle a friend.

Here's Your First WOW (Beware: Power Is Contagious)

Based on the science of metabolic training, this WOW uses intervals to skyrocket calorie burn, not to mention optimism. There's no counting reps, thank you; use any timer (or our fave apps, Tabata Pro or Interval Timer) to track your work-to-rest ratio.

How WOW #1 works: Go through the 5-move circuit 3 times. For each move, you'll do as many repetitions as you can with correct form for 40 seconds. Rest for 20 seconds after each exercise. If you need to rest longer, that's OK; take it slow and work up to shorter rest periods. Have questions? Hop on the discussion boards.

#1 Wall Sit with Front Shoulder Raise

TARGETS: BUTT, LEGS, SHOULDERS, AND ABS

Stand with back against wall, feet hip-width apart and arms straight, holding 1 dumbbell in each hand. Keeping back against wall, lower hips until they are in line with or just above knees. Raise dumbbells to shoulder height, then lower with control.





#2 Alternating Forward Lunge with Figure 8

TARGETS: BUTT, LEGS, SHOULDERS, BACK, AND ARMS

Stand with feet hip-width apart and hold 1 dumbbell at each end in front of chest. Lunge forward with right foot, lowering left knee toward floor while sweeping dumbbell over right thigh, then press back to standing with right foot, bringing dumbbell back to chest. Repeat with left leg, sweeping dumbbell over left thigh. Continue alternating right and left legs.

HAIR AND MAKEUP BY COLLEEN KOBRICK



#3 Plyo Wall Push-Up with Clap

TARGETS: CHEST, SHOULDERS, ARMS, AND CORE

Stand facing wall with hands in front of shoulders. Fall forward, placing hands on wall and bending elbows to bring chest close to wall. Quickly push off wall, coming back to upright, and clap hands in front of chest. Repeat push-up, clapping hands behind body. Alternate claps with each push-up.





#4 Boat Pose with Biceps Curl

TARGETS: ARMS AND CORE

Sit on floor with knees bent, feet on floor, 1 dumbbell in each hand. Keeping spine long, pull belly in, lean back slightly, and lift feet. Holding this position, perform biceps curls for remainder of set.



#5 Swinging Pendulum

TARGETS: LEGS, ARMS, AND HEART RATE

Stand with feet hip-width apart and hold 1 dumbbell in front of chest. Keeping dumbbell close to body and abs tight, quickly swing legs from side to side. (Both feet will be off ground briefly in middle of swing.) Continue for duration of set.

STEP

3 End the Sugarjacking!



Linda Kempf
Lost 15 pounds (eventually 45)

When you join the Challenge, you can also pick up *Sugar Smart Express: The 21-Day Quick Start Plan to Stop Cravings, Lose Weight, and Still Enjoy the Sweets You Love!*, by Anne Alexander and Julia Van Tine. It contains all the recipes here, as well as the full program that gave these women impressive results.

Michelle Davies
Lost 11 pounds

ALL ENTERTAINMENT PHOTOGRAPHS BY KATHRYN BARNARD


Alison Ackerman
Lost 10 pounds
(eventually 35)
Joelle Junior
Lost 5 pounds
prevention.com/21daychallenge
Take the
21
DAY
TRANSFORMATION CHALLENGE

My headaches are gone, I feel 10 years younger—and I can fit my butt into skinny jeans. Nothing tastes better than that." **—ALISON ACKERMAN, 44**



FOOD STYLING BY MARIANA VELASQUEZ; PROP STYLING BY KARIN OLSEN; WARDROBE BY TIFFANY WILKINSON-RAEMER; HAIR AND MAKEUP BY BRANDIE HOPSTEIN

Over the course of the Challenge, you'll also follow the Sugar Smart Express program to wean yourself off sugar and artificial sweeteners in only 21 days. That's what these four women did, and not only did they live to tell about it, they will happily talk, over a delicious low-sugar lunch of feta-mushroom crab cakes, tuna tacos, and vanilla pudding, about how much smoother it went than they'd imagined.



You can eat dessert on the Challenge, like this orange-spice-vanilla pudding that's big on taste but low in sugar.

We get it: You think it would be easier to give up sex for 6 months than sweets. Heck, giving up cigarettes might be easier. The truth is, no matter how many health problems researchers link to sugar—chronic inflammation! heart disease! diabetes!—most of us truly are addicted to the sweet stuff.

It's not our fault. An inborn attraction to sweets is part of our biological hardware. It doesn't help that sugar is in nearly every packaged and prepared food, including stuff never meant to be sweet. Completely give up sugar and chemical sweeteners, and most of us will crawl back to the cookie jar within days.

But going cold turkey or going it alone doesn't beat this addiction. This year's Challenge will give you freedom from sugar, thanks to the only things that work: good food, a proven program, and the help of others.

"We were basically the guinea pigs," says Michelle Davies, whose petite frame expanded quickly when she moved back to the United States after spending 8 years in Prague. Suddenly, foods like Oreos and Frosted Mini Wheats were readily available again—and her weight was on a steady upswing. "I could feel my belly hanging over my pants, and I

was exhausted by the afternoon," she recalls. "I knew I needed to get serious about losing weight."

For 21 days, Davies joined a group of women to do the Sugar Smart Express plan, which guides how you'll eat during the Challenge. They temporarily gave up all sources of added sugar and starchy carbs—no breakfast cereal, no bread, no pasta, and no artificial sweeteners. Once their bodies and taste buds adjusted to low-sugar eating, the women slowly added reasonable amounts of starch and sugar back into their diets. And they did it all together.

"I was addicted," says Linda Kempf, 47, a busy working mom who dreaded her first time eating out—restaurants are where nutrition labels go to die. She decided to share the menu with the online community, asking, "What should I order?" Advice and *go, girl!*s poured in, and Kempf went

Ready? Starting May 1, Here's How You'll Ditch Sugar

REDUCE, THEN RECLAIM. You'll start your escape from Sugarville by learning to read labels for added sugar and chemical sweeteners, and then swap out foods for healthier alternatives (say, changing your cereal brand to one that's whole grain with less sugar or swapping your honey mustard for vinaigrette). After a bit, when your taste buds have adapted to detect natural sweetness again, you'll learn the right way to reintroduce sugar.

CRUSH CRAVINGS. Protein slows digestion, is more filling than carbs or fat, and makes it difficult for sugar cravings to take hold later on. So by getting more protein in the AM, you can look at that ice cream later and say no.

NEVER SKIP A MEAL. If you're hoping to flatten your belly, the starvation response is the last thing you need. Skipping meals fires up sugar cravings, lowers blood sugar levels, and can cause you to overeat to make up for missed calories. You'll find out how many hours you should go between meals.

TRICK YOUR BRAIN. You'll discover that when you crave sugar, you can do something pleasurable instead to curb the craving—like watch junky TV, do a little yoga, or peruse a pretty catalog.

FLAVOR-BOMB YOUR TASTE BUDS. As delightful as it is, sugar tastes basically the same, with variations on *yum, that's sweet* and *yikes, that's sweet!* But flavor? That's a different thing. If you've ever dropped fresh rosemary into a bottle of extra virgin olive oil, you know how much flavor fresh herbs and spices can add to everyday fare.

FEEL BEFORE YOU EAT. Get a split second of clarity as you close in on your coworker's candy dish and ask yourself, *Why am I reaching for this?* If the answer is anything other than *I'm starving*, you'll find another way to give yourself what you need.

It seemed intimidating in the beginning; the recipes sort of scared me. But the few extra minutes I spend in the kitchen are totally worth it. Home cooking tastes so much better than anything out of a box or packet."
—LINDA KEMPF, 47



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My taste buds have completely changed. Foods that I had craved didn't live up to the expectations when I had them again." **—JOELLE JUNIOR, 45**



Learn to cook easy meals like these feta-mushroom crab cakes over buckwheat, which fill you up with flavor, not calories.









I knew I needed to get serious about losing weight, but I didn't think I ate that much sugar. I was shocked when I realized that just about everything I was eating—PB&J sandwiches, granola bars, iced coffee—was full of it." **—MICHELLE DAVIES, 45**

on to enjoy every bite of her quinoa burger, minus the bun and the guilt.

By the end of the program, Kempf had lost 15 pounds. Everything became smaller: her face, her belly, her thighs. What really surprised her was how little she missed the white stuff.

Her Sugar Smart friends have transformed, too. "People keep asking me what I'm doing," says Alison Ackerman, a nurse and mom of four who's dropped 35 pounds total. "Now I can honestly say, 'Nothing.' It's become a lifestyle I can happily live with."

Go to *prevention.com/21daychallenge* to join them in saying the sweetest words ever spoken, overheard from Davies: "I stopped wanting it."

Bizar



Sage leaves
+ Hot water
+ 10 min

So Long, Sore Throat

Wha-a-a?
Turn to p. 110
to find out
how it works.

FOOD STYLING BY LESLEY STOCKTON

re, BUT THESE WORK

Research-tested, MD-approved ways to cure what ails you with what's already in your house

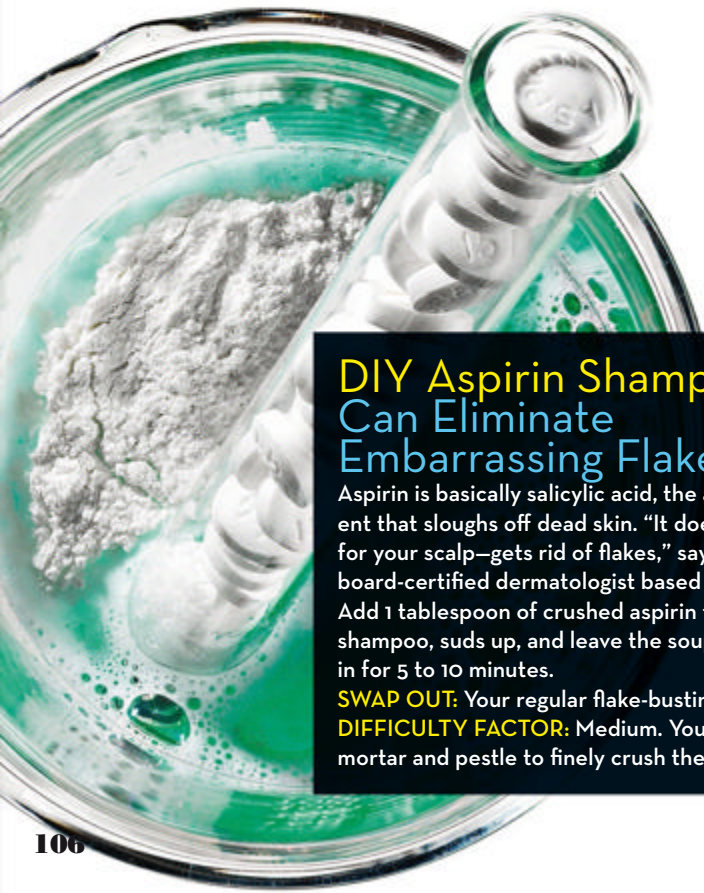
BY EMMA HAAK | PHOTOGRAPHS BY GREGOR HALENDA

Home remedies, no matter who swears they work, are more often bunk than bona fide fixes. But some actually do have science on their side and, in fact, perform even better than their traditional medical counterparts. We dug into the research, talked with the experts, and found 18 treatments that passed muster. Prepare to look at duct tape in a whole new way.

White wine vinegar
+ Warm water
+ 15 min daily

Cuticle Infections Cleared Up

The natural antibacterial properties of vinegar can eliminate infections caused by an overzealous manicurist or picking at cuticles.





DIY Aspirin Shampoo Can Eliminate Embarrassing Flakes

Aspirin is basically salicylic acid, the anti-acne ingredient that sloughs off dead skin. "It does the same thing for your scalp—gets rid of flakes," says Marie Jhin, a board-certified dermatologist based in San Francisco. Add 1 tablespoon of crushed aspirin to your regular shampoo, suds up, and leave the souped-up shampoo in for 5 to 10 minutes.

SWAP OUT: Your regular flake-busting shampoo
DIFFICULTY FACTOR: Medium. You'll likely need a mortar and pestle to finely crush the aspirin.



Mom Was Right: Ginger Really Does Ease Nausea

How? It accelerates stomach emptying and helps break up and release intestinal gas, says Stephen Hanauer, a professor of gastroenterology and hepatology at Northwestern University Feinberg School of Medicine. Sip on ginger ale or ginger tea, or slowly eat a few candies made with real ginger.

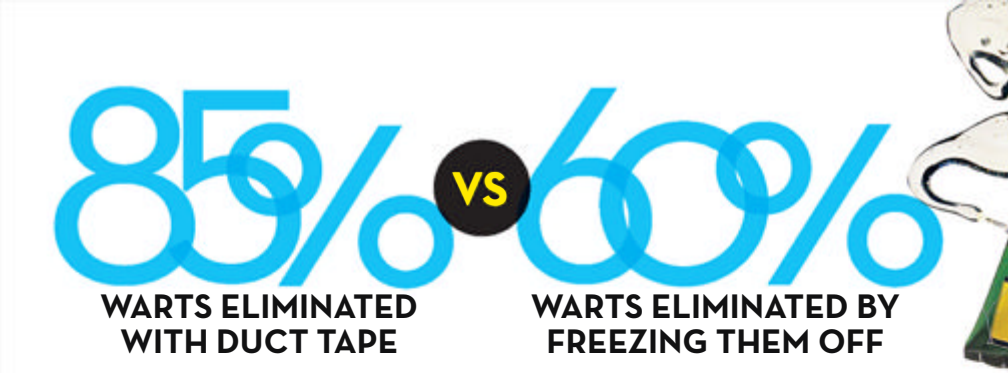
SWAP OUT: Curling up around the toilet in the fetal position

DIFFICULTY FACTOR: Simple. The steps: Send loved one to store; procure ginger product; ingest.

69%

OF MIGRAINE SUFFERERS WHO HAD SEX DURING AN ATTACK REPORTED FEELING BETTER.

But don't just go through the motions—43% of those who found relief in the sheets said their symptoms improved only after orgasm, according to a study published in *Cephalalgia*. The researchers speculate that endorphins may cause pain to subside.



85% VS 60%

WARTS ELIMINATED WITH DUCT TAPE

WARTS ELIMINATED BY FREEZING THEM OFF

Docs theorize that the combination of the airtight environment and something in the adhesive is toxic to warts (but harmless to you), says Patrick DeHeer, a podiatrist and board-certified foot surgeon based in Indianapolis. Replace the tape every 6 days for 2 months, or until the wart disappears.

Source: Archives of Pediatrics & Adolescent Medicine

Get Queasy in Cars? Suck on a Lemon

Motion sickness is often accompanied by excess salivating. Tannins (bitter, astringent plant compounds) found in lemons (olives, too) dry out the mouth, eliminating saliva and, in turn, easing *oh God, not here* nausea, says Hanauer.

SWAP OUT: Dorky acupressure wristbands

DIFFICULTY FACTOR: Easy—as long as you don't mind making the worst sour-taste face of your life

LEMON BY FOODCOLLECTION/STOCKFOOD



Spackle Your Cracked Heels with Krazy Glue (Yes, Really)

"No amount of cream or moisturizer will bring that crack back together," says Jhin. "Krazy Glue is a great little trick to fix it." Soak your feet in water for a few minutes, then apply moisturizer and dab the glue on any remaining cracks. Just one application should do the trick.
SWAP OUT: All the moisturizer in the world
DIFFICULTY FACTOR: High. Have you ever used Krazy Glue *without* getting it all over your hands?

Ground licorice
+ Oil (coconut or olive)
+ Plastic wrap
+ 1 cotton sock

Corn-Free Feet

Coating the affected area with a mixture of licorice and oil, then covering it with plastic wrap and a sock while you sleep, gives the estrogen-like substances in licorice time to work their softening magic, says DeHeer.

1 Tbsp baking soda
+ Warm bathwater
+ 15 min 3×/wk

Adios, Eczema

"Eczematic skin tends to be more acidic, and baking soda brings it back to a more neutral pH and sloughs off some of that dead, flaking skin," Jhin says.



Soothe a Sore Throat with Sage Tea

A study in the *European Journal of Medical Research* found that a spray containing 15% sage offered significant relief within just 2 hours, compared with a placebo. Try DIY sage tea: Pour 1 cup of almost-boiling water over 2 tablespoons fresh sage or 1 tablespoon dried. Cover and steep 10 to 15 minutes, then strain.

SWAP OUT: Your usual tea-with-honey concoction
DIFFICULTY FACTOR: No sweat

Stinky Feet, Meet Rubbing Alcohol

Its dehydrating properties kill flourishing bacteria and fungus and eliminate excess perspiration problems at the root of odors, says DeHeer. Dampen a cotton ball with rubbing alcohol and wipe over the bottoms of your feet in the morning to minimize moisture and control odor all day.

SWAP OUT: Odor-eliminating inserts
DIFFICULTY FACTOR: Know how to hold a cotton ball? Then you're good.

Put the Freeze on Migraines

Applying ice to your temples or the back of your neck for 10 to 15 minutes numbs the nerve that's sending the pain signal and constricts blood vessels. Plus, the icy sensation on your skin helps distract from the pain, says Lawrence Newman, a board-certified neurologist and director of the Headache Institute at Mount Sinai Roosevelt in New York City.

SWAP OUT: OTC painkillers that don't make a dent in your discomfort anyway

DIFFICULTY FACTOR: Lower than low

36%

REDUCTION IN PEAK-SEASON RESPIRATORY TRACT INFECTIONS, THANKS TO GARGLING WITH WATER

Start swishing at the first sign of trouble. If you're dealing with tonsillitis rather than a regular cough, add some salt to help clear out the bits of food that can get stuck in tonsils and often cause the problem.

Source: American Journal of Preventive Medicine



Your Feet Will Smell like Garlic, But Your Athlete's Foot Will Be Gone

A study in the *Journal of the American Academy of Dermatology* reported that ajoene, an antifungal compound found in garlic, can reduce the signs and symptoms of every gym-goer's worst foe. Crush a few cloves, mix with olive oil, and use a cotton ball to rub the mixture on the affected area several times a day until the infection clears up.

SWAP OUT: Conventional athlete's foot treatments

DIFFICULTY FACTOR: Basic. Any novice cook can handle crushing some garlic.



Replace the Ringing in Your Ears with the Great Outdoors

Research published in the *Journal of the American Academy of Audiology* found that digitally produced sounds mimicking nature and water provided significant relief from tinnitus.

SWAP OUT: More invasive and pricey fixes like meds and hearing aids

DIFFICULTY FACTOR: Pretty straightforward. You'll just need a white-noise machine with nature sound settings or a nature sound app on your phone.

Make Swimmer's Ear Cry Uncle with a Little Vinegar

"Vinegar acidifies the external auditory canal, killing the bacteria that cause swimmer's ear," says Lucian Sulica, an otolaryngologist at New York-Presbyterian Hospital/Weill Cornell Medical Center. Dilute white vinegar with an equal amount of distilled water and, using an eyedropper, put 3 drops in the affected ear 3 times daily.

SWAP OUT: OTC products that dry out the ear canal

DIFFICULTY FACTOR: Medium. Best to enlist a buddy to do the dropping.

"My husband carries a bottle of peppermint oil to work in his lunch box."

–DONNA KESSLER, *OIL-TESTIMONIALS.COM*

A study in *Digestion* found that an herbal preparation of licorice root and peppermint leaves eased indigestion. Makes sense, says Hanauer: "Licorice increases mucus production for a soothing effect, and peppermint relaxes the sphincter in the esophagus, which acts up during indigestion." Licorice and peppermint candies can provide similar relief, as can teas containing either or both.

20% LOWER

SELF-REPORTED ANXIETY AND 25% LESS FRUSTRATION AFTER SMELLING PEPPERMINT ESSENTIAL OIL

Research from Wheeling Jesuit University suggests keeping this feel-good scent on hand to sniff when stress levels start to bubble over.





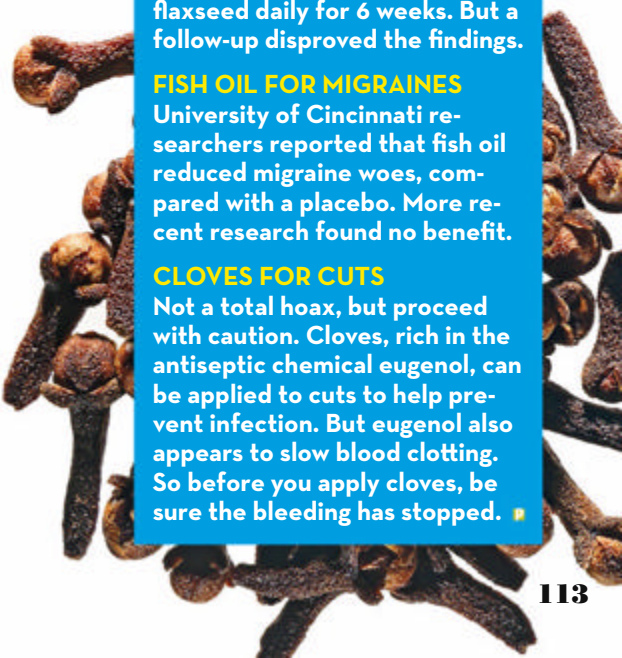
Home Remedy Hoaxes

DON'T BELIEVE THE HYPE

FLAXSEED FOR HOT FLASHES
A small study from the Mayo Clinic found that women reported fewer hot flashes after eating flaxseed daily for 6 weeks. But a follow-up disproved the findings.

FISH OIL FOR MIGRAINES
University of Cincinnati researchers reported that fish oil reduced migraine woes, compared with a placebo. More recent research found no benefit.

CLOVES FOR CUTS
Not a total hoax, but proceed with caution. Cloves, rich in the antiseptic chemical eugenol, can be applied to cuts to help prevent infection. But eugenol also appears to slow blood clotting. So before you apply cloves, be sure the bleeding has stopped.

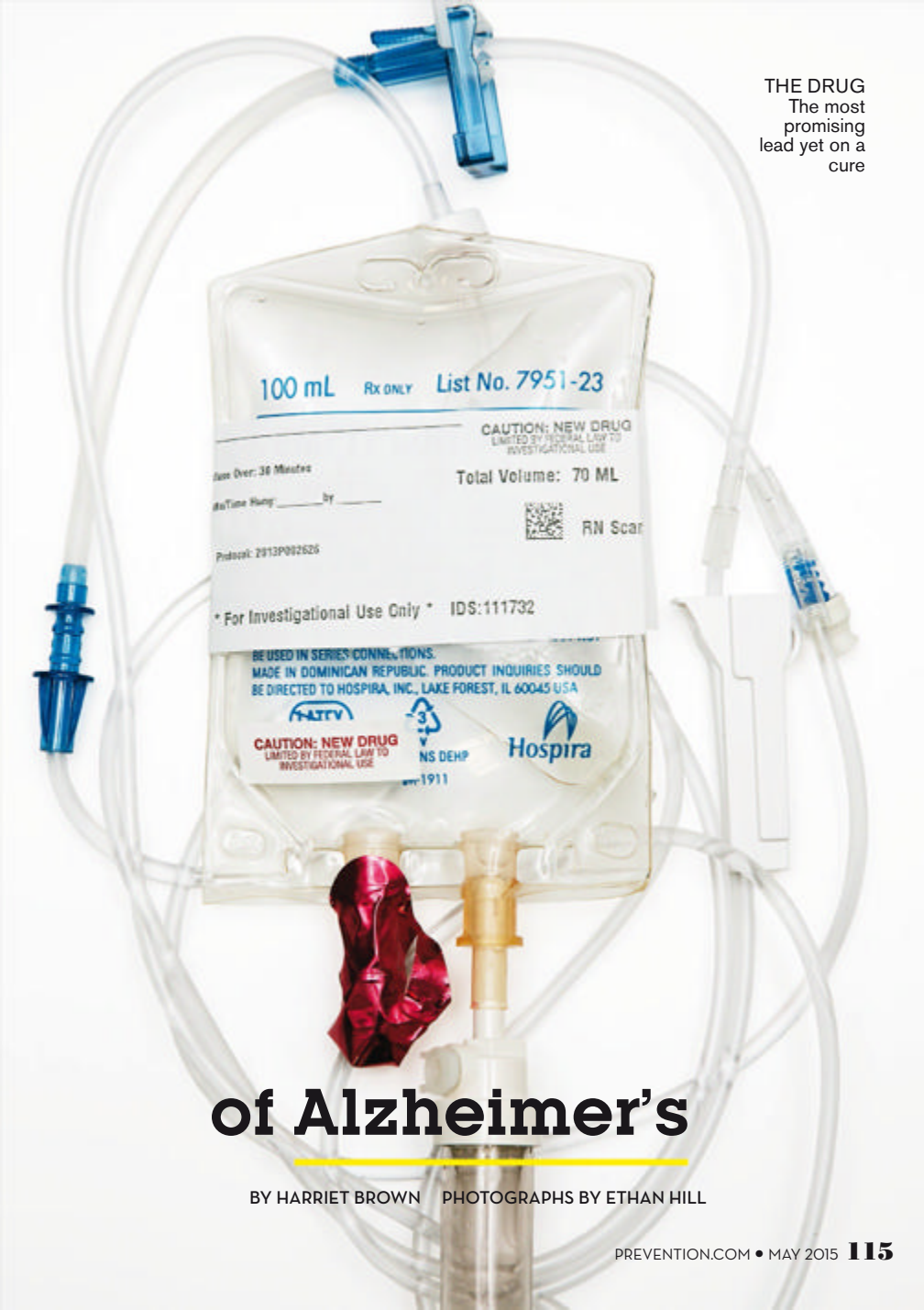




THE PATIENT
Her mother had it; her sister has it; her brain could have early signs.

The Last Case

THE DRUG
The most promising lead yet on a cure



of Alzheimer's

BY HARRIET BROWN PHOTOGRAPHS BY ETHAN HILL

Alzheimer's is as much a part of Helene DeCoste's life as fall leaves and droll stoicism. Her mother lost her mind to the disease, and Helene cared for her until the end. Helene's older sister Judith was next; she no longer knows Helene's name. Helene herself may now have signs of the disease in her brain. Yet even as she shrugs off her seemingly inevitable fate, scientists down the road from her are testing an astonishing new drug. And she wonders: Could it change her family history for good?



Helene's mother, Helen Kelley, in the 1930s

Helene DeCoste senses the news could be bad before she and her husband, Russ, even take their seats in the doctor's office. Instead of the one neurologist they expected to see, there are two, and that can't be good. In a moment the couple will have the answer they've been waiting for, an answer that will determine a lot about Helene's future. About their future. The results of a recent scan will tell them whether her brain contains a telltale marker of Alzheimer's disease.

Bad news would not be a shock. Alzheimer's runs through Helene's family like fat marbling a steak, reaching invisibly into each generation. Her mother and an aunt both died from Alzheimer's-like dementia, and Helene's older sister Judith was diagnosed 4 years ago.

That family history is what brought Helene, 67, to this Boston neurology practice in the first place. She and hundreds of other patients across the United States, Canada, and Australia have volunteered to be screened for admission to a landmark study called Anti-Amyloid Treatment in Asymptomatic Alzheimer's, or the A4 study. While researchers may disagree about what causes the disease and how it might be

PHOTOGRAPHS COURTESY OF HELENE DECOSTE

treated in the future, they agree on this: The A4 could be the vital first step in finding our way out of this mess. Unlike any of the studies that have come before it, the A4 aims to prevent, or at least halt the progression of, changes in the brain that lead to this most feared and most common form of dementia—the very changes that Helene's brain may already have begun to show.

With her white hair and stately posture, Helene looks like a kinder, gentler Barbara Bush, one who's traded her pearls for funky, folksy earrings. She'll tell you that of the three sisters, one got the beauty, one got the brains, and she got the common sense. The family's Alzheimer's nightmare began in earnest 25 years ago, when their father was hospitalized and they realized how impaired their mother, Helen, had become. "By then she was not capable of daily care," Helene says, her strong Boston accent turning *not* into *nawt*. It wasn't long before Helen no longer recognized her family. She died in a nursing home in 1993.


In 1950, when Helene was 2 and Judith (far right) was 8

Fourteen years after their mother's death, Helene noticed Judith doing some strange things. Once, after missing


Judith, the "brains" of the family, and her mother, Helen, in 1967

a grandnephew's birthday party, Judith called to admit that she had driven to the wrong apartment and had no idea where she was. By early 2011, when Helene discovered thousands of pieces of unopened mail all over Judith's house, it was clear something was seriously wrong. Judith was diagnosed with mild cognitive impairment, a disorder that sometimes precedes Alzheimer's. But Helene worried that her sister was more than mildly impaired.

One morning that winter, a nurse making a home visit brought up the subject of assisted living. Rattled and angry, Judith went to the kitchen to make a cup of coffee—and mistakenly ground up cat food instead of coffee beans. ("You're allowed to laugh, because it's hysterically funny," Helene



“There could be a day when a diagnosis isn't terrifying—a day when, if you're at risk, you might take a drug in your 30s to stop the disease from ravaging your brain in your 60s or 70s.”



Scientist Reisa Sperling enrolled in medical school after her grandfather developed Alzheimer's. Now her father has it, too. "Part of my goal is to do something so my kids never have to take care of me like that," she says.

says.) The nurse called Helene, Helene called Judith's doctor, and soon Judith had an Alzheimer's diagnosis, prescriptions for Aricept and Namenda, and a doctor's note suggesting assisted living.

During those same early months of 2011, a team of scientists a few miles away was working on some paradigm-shifting research. Years of experimental protocols had produced Alzheimer's treatments that barely made a dent in symptoms and did nothing to cure or even slow the disease in patients who showed signs of cognitive trouble. Experts had concluded that the disease, once in progress, could not be treated. But in May 2011, the team, led by Reisa Sperling, director of the Center for Alzheimer's Research and Treatment at Brigham and Women's Hospital in Boston, published a study showing that physiological changes in the brain might be detectable before memory loss sets in—what's known as the preclinical phase of the disease—opening up the possibility of slowing or reversing them before they truly take hold.

This bombshell was made possible by new imaging techniques that let researchers observe living brains in real time instead of having to wait until autopsies revealed what lay inside the organs' gray matter. A healthy brain comprises 3 pounds of dense, compact, wrinkly grooves (known as sulci) and ridges (gyri) that look a bit like a neatly

wrapped gift. A cross section resembles a head of fresh cauliflower, its springy florets tightly packed together. A brain that's been decimated by Alzheimer's, on the other hand, looks like a package wrapped by a 5-year-old, with holes, shriveled ridges, and spaces gaping between the furrows and coils.



Helene's parents, Helen and John Kelley, got married in 1935.

Below the surface of the cerebral cortex lie more differences. Healthy neurons look something like starfish, constantly reaching toward other neurons with feathery dendrites and long, rootlike axons. (The National Institute on Aging's website says, rather fancifully, "Neurons live to communicate with each other.") But the neurons in a brain with Alzheimer's are stuffed with snarls of misfolded proteins called tau, which obstruct the neurons' ability to communicate. These neurons float among tumbleweed drifts of amyloid plaques, damaged proteins that cut them off from other cells. The more plaques and tangles accumulate in the brain, the more deeply people fall into blankness, losing memory, the ability to think, and, finally, all sense of themselves.

Helene says she's not scared by the prospect of developing Alzheimer's and doesn't dwell on it. "I could be hit by a car tomorrow," she says, shrugging. "I really can't think about Alzheimer's too much." But no one can truly face that kind of prospect without emotion. And while Helene and Russ and their two adult daughters, Aimee and Rachelle, are philosophical when they talk about the future, there are moments when fear shines through. When Rachelle remembers her grandmother, Helen, years ago, deep into Alzheimer's and begging to see her long-dead brother, her blue eyes fill with tears. "I do feel concerned about my mom," Aimee says. "It's there in the back of my mind."

Clearly Helene worries about what her diagnosis could mean for her close-knit family. "Visiting my mother in the nursing home and watching her decline, going through all those emotional ups and downs, I used to tell my daughters, 'Shoot me if this happens to me,'" she says matter-of-factly. Her mother donated tissue from her brain to Alzheimer's research, and as her sister started to decline, Helene, too, felt a

PHOTOGRAPH COURTESY OF HELENE DECOSTE



Helen, Judith, and Helene in the '80s. Helen likely was already dealing with the early effects of Alzheimer's.

Helene's older daughter, Aimee, wrote the poem at right about her grandmother in 1989.

In a corner of the dreary room sits
A woman feeble and worn by the years.
She glances at each of us who visits.
Inside she knows everyone deeply cares.
A woman who was once so much alive,
creativity did practice in her mind.
Quickly an awful disease did arrive.
Recently all that has seemed to unwind.
Why did this awful trait happen to her?
She had so much and forced she is to fall.
She was so active that she did prefer,
But now her memory has become so small.
Now this disease is taking her away.
I pray hopefully for Nana everyday.

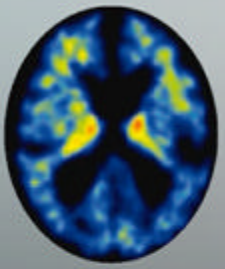


"My mother and her sister were the only two of a family of six children who lived beyond their 60s," Helene says, "so we don't know whether the others would have had Alzheimer's, too."

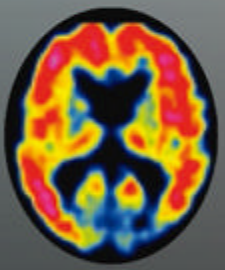
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A Brain on Alzheimer's

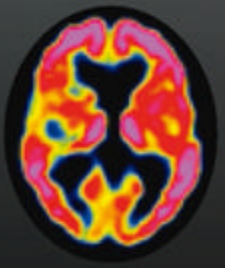
Or, rather, on the amyloid plaques that can foreshadow dementia to come



A healthy adult brain shows no evidence of amyloid plaque buildup.



Volunteers in the A4 study have elevated amyloid, seen here in red, but aren't showing symptoms yet.



This patient has Alzheimer's dementia—and considerably elevated amyloid.

SCANS COURTESY OF BRIGHAM AND WOMEN'S HOSPITAL

desire to help. So when, in 2013, she heard a radio plea for volunteers for the A4 study—which was being led by Boston researcher Reisa Sperling herself—Helene called the 800 number.

Nearly every Alzheimer's researcher in the country has gotten on board with recruiting patients for the A4 study. "It's incredibly exciting," says Anne M. Fagan, a professor of neurology at Washington University's School of Medicine in St. Louis. "The A4 and other studies on the horizon are the closest the field has come to assessing various drugs' effects before irreparable brain damage has taken place." This hopeful research couldn't be more timely, given that more than 75 million baby boomers have begun turning 65, when the likelihood of developing the disease escalates exponentially. "We have to do something or this will cripple our society," says Jessica Langbaum, a principal scientist at the Banner Alzheimer's Institute in Phoenix. "We won't have enough people to care for those with Alzheimer's—it will bankrupt our health care system."

A4 study participants whose scans show elevated amyloid will receive 3 years of monthly infusions of either a placebo or an experimental drug, solanezumab, which has been shown to help clear amyloid from the brain. The hope is that the drug will stop

the plaques from proliferating. Solanezumab is what's called a monoclonal antibody, designed to bind to a particular substance—in this case, the main component of amyloid plaques. In mouse trials, solanezumab bonded with amyloids and moved them out of the brain, rendering them harmless. Recent studies on people with Alzheimer's found that it slowed cognitive decline in those with the mildest signs. Researchers believe solanezumab may work best in people with amyloid plaques but no symptoms.

Amyloid plaques show up on PET (positron-emission tomography) scans, which is one reason the A4 study targets them. (Newer techniques allow researchers to see tau protein building up in the brain, and the A4 study has just started to include tau PET imaging, too.) The higher the level of amyloid, the higher the risk of Alzheimer's. Recent studies suggest that amyloid accumulates in the brain years before symptoms appear. "It's analogous to cholesterol," says Sperling. "We know cholesterol builds up in arteries 20 years before people have a heart attack or stroke. If you can lower cholesterol, you can reduce heart disease. Imagine if we could reduce Alzheimer's dementia by using a similar approach."

If the A4 prevention trial turns out the way it's supposed to, there could be a day when Alzheimer's isn't the terrifying diagnosis it is now—a day when, if you're at risk, you might take a drug in your 30s to stop the plaques from ravaging your brain in your 60s or 70s.



Helen in her 20s, in the early 1930s

The pursuit of that promising future is precisely what put the DeCostes in the Boston neurologist's office last winter, facing doctors who were recruiting patients for the A4 study. Two doctors. Helene listened quietly as one explained that her brain has elevated amounts of amyloid plaques. She and Russ felt calm. They'd had nearly 3 decades to brace themselves for this.

PHOTOGRAPH COURTESY OF HELENE DECOSTE

The results qualified Helene for the A4 study, and she agreed to participate without hesitation. "Recently I had a conversation with my deceased parents—and I'm not like that," she says with a laugh. Then she turns serious. "I said to them, 'You've been through this, so you're gonna help me.' I believe they're up there sending me signals, and that I'm doing what I'm supposed to be doing."

The A4 is a double-blind study, so no one knows who's getting the antibody and who's not. If Helene ends up with the placebo, she may still be able to take solanezumab after the blinded part of the trial ends. Should she develop symptoms, she'll get referrals to top specialists. She sees this as a bonus. Her optimism doesn't come from some kind of Pollyanna outlook, she says; she's simply been living with the possibility for a long time now. "If it does happen, I don't know when that will be," she says. "How do you prepare for something like that? Going into this study is my way of dealing with it."

It's Pie Day at Bridges Memory Care, and Helene is here visiting her sister Judith, as she has for the craft fairs and luaus and pretty much every other family activity at this Hingham, MA, facility. A man with a gray ponytail plays easy listening tunes on a guitar as families spoon pie off paper plates.

Judith's long-term prognosis is both familiar and bleak. But today is a good day, and one thing Helene has learned is that with Alzheimer's, as with everything, the present moment is all there is. So she sits beside her sister, both of them eating pie, and when the guitar player swings into "You Are My Sunshine," they turn to each other and begin to sing. In profile they look even more like sisters, with their short silvering hair and warm blue eyes. "You are my sunshine, my only sunshine," they sing, smiling at each other. "Please don't take my sunshine away."

The Bridges activities director, an energetic young woman, rushes over with a camera to capture the tableau. Then she's off to greet another family. Conversation at the table turns to movies. "Did we see *Jaws*?" Helene asks Russ.

"We saw it in New York City. You don't remember?" says Russ. There's a pause, then he says quickly, "That's right, you weren't there." A palpable sigh of relief flows around the table. There are moments now when Aimee, Rachelle, and Russ freeze up, catch each other's eyes, and wordlessly wonder if this is it, if this is the beginning. The answer, for today, is still no.

The guitar player shifts into a new melody. Judith listens, then elbows Helene, tilting her head as if to say, "Get a load of this." After a second, Helene laughs out loud, and so does Judith, as the unmistakable notes of "If I Only Had a Brain" from *The Wizard of Oz* purl through the room. "She gets it. She thinks it's funny," whispers Helene. As Judith laughs and laughs, the look on Helene's face suggests it's some kind of victory. Maybe it is.



"I see her slipping in little ways," Helene says of her sister Judith, "but the doctor says she's doing well."

"If I do get Alzheimer's, I don't know when it'll happen. How do you prepare for something like that? Going into this study is my way of dealing with it."

The Adoption Option

Getting a shelter pet comes with surprising advantages.

BY ALISA BOWMAN

The heartwarming pleasure of saving an animal's life is reason enough to take in a pet from a shelter. But there are personal, financial, and behavior-related concerns that often stand between would-be adopters and their grateful pets, say veterinarians and animal advocates. A closer look at the top adoption anxieties reveals some unexpected perks in going the shelter route—not even counting the part about being a lifesaver.

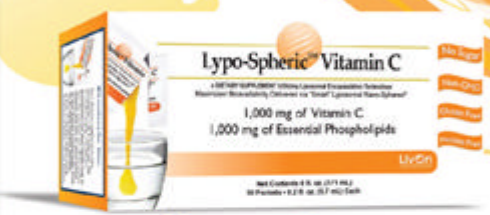


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†Reference: Hickey S., Roberts H, Miller N. (2008), "Pharmacokinetics of oral Vitamin C" Journal of Nutritional & Environmental Medicine July 31.



More than 7 million pets end up in shelters every year; fewer than half are adopted.

DAN BRANDENBURG/GETTY IMAGES

CONCERN #1: I WON'T KNOW WHAT I'M GETTING. You'll learn more about a shelter pet's personality and health than you ever could when considering a pet from a breeder or store. Shelter staff often care for and train animals for weeks and, in the process, gather lots of information about their charges' temperaments, according to Sandi Laird, the animal care director at Operation Kindness, a no-kill shelter in Carrollton, TX. "We tell adopters everything we know about a pet so we can place it in the perfect home," Laird says. The ASPCA, meanwhile, offers a Meet Your Match program: You fill out a survey that will help shelter staff pair





you with the best pet for your needs and expectations.

CONCERN #2: I DON'T WANT TO DEAL WITH A BADLY BEHAVED PET.

Most shelter pets are homeless, but not because they're naughty. In fact, nearly a third of all dogs and 21% of cats are in shelters simply because an owner's new landlord didn't allow pets. Others become homeless when their owners die, a family member develops an allergy, or their humans simply change their minds. Only 8% of cats and 10% of dogs end up in shelters because of bad behavior. The staff will generally inform you of these facts to prevent a pet from being poorly placed.

CONCERN #3: I DON'T WANT A MUTT.

Purebred pets account for up to 25% of the animals surrendered to shelters each year, according to the Humane Society. If you can't find the breed you want at a nearby shelter, look for breed-specific rescue associations.

CONCERN #4: WHY PAY AN ADOPTION FEE IF SOMEONE WILL JUST GIVE ME A PUPPY OR KITTEN?

Adoption fees range from $75 to $100, but they pale in comparison to what you could pay in expenses if you take in a free pet, says Kristen Vance, a veterinarian in Bel Air, MD, who volunteers at Animal Rescue, a large no-kill shelter in New Freedom, PA. Most shelter pets have received their annual vaccinations and been wormed, treated for fleas and ticks, microchipped, and spayed or neutered. That can add up to at least $800 in savings—on top of the joy of having a new best friend.

Is there a natural fix for exercise-induced asthma?

The coughing, wheezing, shortness of breath, and chest tightness you may feel during workouts is called exercise-induced bronchospasm, and up to 10% of regular exercisers with no other airway issues suffer from it. A recent study found that the antioxidant vitamin C can help with EIB, possibly because it counteracts the asthma-inducing oxidative stress naturally triggered by physical activity. Try taking 250 to 500 mg 60 to 90 minutes before working out. Eating antioxidant-filled fruits and vegetables and omega-3-rich fish may also ease airway narrowing caused by inflammation. If you need more relief, your doctor can prescribe a short-acting beta2-agonist to inhale 10 to 20 minutes before your workout.

ANDREW WEIL, *MD, is founder and director of the Arizona Center for Integrative Medicine and clinical professor of medicine at the University of Arizona.*

Send your questions for Dr. Weil to ***askdrweil@prevention.com***.



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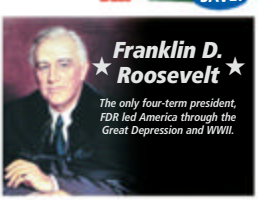
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A few years ago, Suze Yalof Schwartz, a fashion editor and mother of three in LA, realized she needed to do something about her stress. "My mother-in-law suggested I meditate," she recalls. The idea appealed, but lessons required either a lot of time or a lot of money. "I wanted to make it easy for anyone to learn at a reasonable price," she says. Two years later, she quit her job and opened Unplug Meditation, a serene studio outfitted with inspirational wall messages (see above). Angelenos of all levels drop in for $22 classes, no larger commitment required. "I've never met a person who couldn't benefit from meditation," Yalof Schwartz says. "I am more focused, present, and—per my sons—all-around more pleasant." —*Holly Pevzner*



EMILY BERL

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^†Symphony Health Solutions ProVoice™ Survey, Jan. 2005–Mar. 2014 ^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006–2014

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